EMF Balancing Technique®

Honoring Humanity

Universal Calibration Lattice® Workshop

v. 2010.3

The Team

Author: Peggy Phoenix Dubro

Editor: Stephen Dubro

Design Editor: Elan Dubro-Cohen

Copyright Notice © 2003

All rights are reserved. This document may not be reproduced, all or part, transmitted, manipulated or utilized in any form without written permission from **Peggy Phoenix Dubro**, originator of the ***EMF Balancing Technique®*** and **Stephen Dubro**, President of **The Energy Extension, Inc.** Any opinions, philosophies or ideas not expressly written in the authorised teaching materials are those of the EMF Balancing Technique® Teacher, and do not constitute an endorsement by Stephen or Peggy Phoenix Dubro or by The Energy Extension, Inc.

Published by The Energy Extension, Inc., United States of America.

EMF Balancing Technique® is a trademark of The Energy Extension, Inc.
The Universal Calibration Lattice® is a trademark of The Energy Extension, Inc.
All photographs and illustrations therein copyrighted by Energy Extension, Inc.

All rights reserved under Title 17, U.S. Code, International and Pan-American Copyright Conventions. No part of this work may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, scanning, recording or duplication by any information storage or retrieval system without prior written permission from the publisher except for the inclusion of brief quotations as long as proper credit is given to the source.

Requests for permission or further information should be addressed to Energy Extension, Inc.
P.O. Box 4357, Sedona AZ, USA 86340 or EMF@EMFWorldwide.com.

Nothing in this book is meant to replace the advice of your personal medical doctor. The authors do not dispense medical advice nor prescribe the use of any technique as a form of treatment for any medical or physical condition without the advice of a physician. This material is provided for informational use only to help those interested in personal and spiritual growth. Use of this material is the responsibility of the reader.

The Energy Extension, Inc. • P.O. Box 4357 • Sedona, AZ 86340 USA
• Tel: 1-928-284-3703 • Fax: 1-928-284-3704 • email: Shana@EMFWorldwide.com • website: wwww.EMFWorldwide.com

Table of Contents

Workshop Checklist **6**

Manual Icons **8**

Teacher's Template **10**

Unit 1: Welcome and Introduction **13**
- Activity: Opening Circle Exercise 22
  - Conduct Demonstration 23
  - Conduct Opening Circle with Chakra Colors 24
  - Sensing the Energy 26

Unit 2: The Cosmic Lattice and the Universal Calibration Lattice **31**
- Science of Bioelectromagnetics 33
- Cosmic Lattice 36
- Universal Calibration Lattice - Preview 37
  - Center Below and Center Above 39
  - Core Energy 40
  - Long Informational Fibers 41
  - Infinity Loops 41
  - Lattice Overview 43

Unit 3: Theory of the Universal Calibration Lattice **47**
- Introduction 49
- Long Informational Fibers - Back Fibers 51
- Core Energy - The Unification of the Chakra System 55
  - Radiating Core Energy - A Brief Exercise 58
  - Secret of Mastery 60
- Front Fibers of the UCL 63
  - Hope, Dreams, Wishes and Intents 63
  - Worries and Fears 64
  - Worthiness 65
  - The Dynamic of an Idea 66
  - Co-Creative Cycle 68
- Circular Time 70
- Carbon-Chemical-Electrical-Light Beings 73
- Spiral Sweep 76
  - Theory 76
  - Energy Pattern - Explanation 79
  - Class Exercise 83

Unit 4: The EMF Balancing Technique and Templates of Light and Resonance 95
Morning Session Review 97
The EMF Balancing Technique Templates of Light and Intents 99
Light Templates 99
Resonance 100
Focus of the EMF Balancing Technique 101
Summary 101
Phase I 102
Phase II 103
Phase III 103
Phase IV 104

Unit 5: Alternating Sweep, Energy Symbols and Intro Session 105
Alternating Sweep 107
Introduction 107
Illustration 108
Class Exercise 109
Summary 112
Energy Activation Symbol 113
Introduction 113
Class Exercise 114
Summary 115
One Minute One Step Rush 116
Introduction 116
Class Exercise 118
Intro Session 120
Introduction 120
Amplifying and Circling 120
Disconnecting 121
Self-Regulating and Self-Directing Energy 122
Following the Set Pattern 122
Demonstration and Class Exercise 123
Step 1: Energetic Body Preparation 124
Step 2: Clearing and Balancing the Heart Center 127
Step 3: Clearing and Balancing the Back Area 130
Step 4: Closing 134
Summary 135
Amplifying Energy With Your Eyes Exercise 138
Introduction 138
Class Exercise 140
Day Summary 143

Teacher Support 145
A Opening Circle Exercise 147
B. Informational Fibers of the UCL 148
C. Needle Exercise 149
D. Radiating Core Energy Exercise 151
E. Slide Presentations - MS PowerPoint 151
F. Overhead Projector 151
G. Overhead Slides - Transparencies 151
H. Alex Grey Slides 152
I. Flip Chart 152
J. Displaying Wall Charts and Flip Charts 152
K. Amplifying Energy With Your Eyes Class Exercise 152

Universal Calibration Lattice® Workshop (UCL), Teacher Flip Chart (FC) . 155-179
UCL FC #1 - Table of Contents 156
UCL FC #2 - Symbols & Illustration Index 157
UCL FC #3 - UCL 3D - Front, Back, Right & Left Fibers 158
UCL FC #4 - UCL 3D - Front & Back Fibers 159
UCL FC #5 - UCL - Lattice Overview (1) 160
UCL FC #6 - UCL - Lattice Overview (2) 161
UCL FC #7 - UCL - Lattice Overview (3) 162
UCL FC #8 - UCL - Back Fibers 163
UCL FC #9 - UCL - Core 164
UCL FC #10 - UCL - Front Fibers 165
UCL FC #11 - UCL 166
UCL FC #12 - Spiral Sweep Information 167
UCL FC #13 - Endocrine System & Chakra System Comparison 168
UCL FC #14 - The Inner Brain 169
UCL FC #15 - The 12 Steps of the Spiral Sweep 170
UCL FC #16 - Templates of Light for the EMF Balancing Technique® 171
UCL FC #17 - 3D Templates of Light for the EMF Balancing Technique® 172
UCL FC #18 - Alternating Sweep 173
UCL FC #19 - Energy Activation Symbol 174
UCL FC #20 - One Minute One Step Rush 175
UCL FC #21 - Using the One Minute One Step Rush 176
UCL FC #22 - The EMF Balancing Technique® Intro Session 177
UCL FC #23 - Amplifying Energy With Your Eyes 178
UCL FC #24 - LOVE 179

Workshop Checklist

Assemble the following materials before conducting the workshop:

Audiovisual equipment: overhead projector (optional), CD player, LCD data projector (optional)

UCL student workbooks

UCL Kit (forms)

Miscellaneous spare materials for students (pens, pads, markers)

Wall charts (if available)

Elegant Empowerment by Peggy Phoenix Dubro and David Lapierre

Extra chairs with no arms, for conducting Intro Session and Amplifying Energy With Your Eyes exercise

Teaching materials:

UCL teacher manual

(1) UCL student workbook

Pre-illustrated flip charts (created by EEI – in PDF and PowerPoint formats)

Pre-prepared flip charts (created by teacher)

Markers (various colors)

Transparency or PowerPoint slides (optional)

Music (CD) for practice sessions meditations

Timer (or other timing device)

DVD - Support

Prepare:

Flip charts (created by teacher)

Training facility arrangements (if necessary)

Schedule of next class dates

Optional:

UCL posters, CDs, DVDs, introductory videos and Elegant Empowerment for purchase

Manual Icons

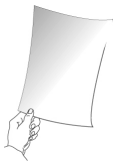
References the page in the student's workbook which contains the information which you are discussing

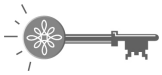
Indicates that the information you are presenting is referenced on the EEI prepared flip chart

*** Indicates that the information you are presenting is referenced on a flip chart that is prepared by you, the teacher

Indicates an optional energy exercise

Indicates a point of transition between topics

 Indicates a handout



Indicates a key learning point and an opportunity for you to emphasize to the class that the information being presented is important

Indicates a musical selection of your choice

Indicates a picture or slide

Indicates especially important information

Teacher's Template

Note: Prior to the beginning of class complete the Teacher's Template which is an exercise that facilitates the energetic posture appropriate to teach the EMF Balancing Technique.

I. Place your attention in your Center Above

Give the intent for **Descent of Light:**

"I now give permission to allow the golden energy to flow through the light pattern of the Teacher's Template. I give permission for the pure resonance of this alignment to create the appropriate calibration of being in service as I teach the EMF Balancing Technique. As the energy descends, I become very focused and I Remember I Am."

II. Place your attention in your crown center and third eye

Give the intent for **Wisdom:**

"I now give the intent for the golden energy to flow through my crown center and the area of my third eye, increasing the expression of my inner wisdom."

III. Place your attention in your throat

Give the intent for **Power:**

"The words that I speak when I am teaching carry power; the energy responds when I amplify it."

IV. Place your attention in your heart center, arms and hands

Give the intent for **Loving Action:**

"I give the intent to allow myself to be nurtured first. The energy flow of my heart center intensifies front and back. My movements and touch are pure and activated with love as I amplify golden energy."

V. Place your attention in your solar plexus

Give the intent for **Personal Growth:**

"As I teach, I discover that each class is different although the material which I must cover is the same. This form of teaching opens the door to expressing greater compassion and patience. Some students will present new challenges to holding my center and new ways to open my heart. Many students will inspire me as I observe the energy of love in action. As I teach I affirm: I am a student also."

VI. Place your attention in your creative/sexual center

The first few times you teach this class you may feel like you have "given birth". Energetically you have, through the expansion of your creative connection to the Unlimited Source.

Give the intent for **Birth:**

"As I allow my creativity to express itself in this manner, I reap many benefits in my life. As I facilitate this opening for others, I am aware that this may carry a charge of sexual energy. I always keep my actions clear and appropriate."*

*It is important to be aware that as a teacher you will be facilitating this opening for your students. The conduct of a teacher is equal to the integrity of the work when representing the EMF Balancing Technique®.

VII. Place your attention in your base center

Give the intent for **Vitality:**

"I now give the intent to be well grounded in my body. This alignment keeps me in balance. My base center and my creative/sexual center provide the vitality I need to teach the training."

VIII. Place your attention in your Center Below

Give the intent for **Grounding:**

"As the template continues down through my legs to my Center Below, I feel confident and ready to stand strong before this class. Connecting with the earth through this center creates an energetic grounding for all the intentions just given.

Take a nice deep breath

I now become aware of a flame of energy in the palm of my right hand. The flame is golden, and represents the alignment I transmit to those who choose to learn the EMF Balancing Technique."

Take a few moments to breathe in the golden vibration through each energy center.

Give intent for this energy to enhance your evolutionary process and as always according to your unique balance.

Namaste Dear Teacher,

Peggy Phoenix Dubro

EMF Balancing Technique®

Honoring Humanity

Unit 1

Welcome and Introduction

Important notes to teacher's

1- It is no longer appropriate to refer to students as *practitioners* during the Personal Growth training class. Instead it is suggested to refer to the student as ***giver*** (the person who is giving the session). Only those students who complete an Internship Program are considered to be 'practitioners' (Accredited Practitioners).

2- Also, the word *client* had been changed to ***receiver*** (the person who is receiving the session), to emphasize that Personal Growth students/graduates do not give sessions to 'clients', as they can only give sessions to family and friends at no charge.

3- In previous editions of the manuals, the terms *directing*, *sending*, *guiding*, *channelling* and *opening* were used to describe various processes of working with the energy. The result of all of these processes is an **Amplification** of the energy. For now in most of these cases we have chosen to use the term "amplification" to describe the processes.

Universal Calibration Lattice Workshop

Unit 1: Welcome and Introduction

Time: 25 - 30 minutes

1. **WELCOME** students to the EMF Balancing Technique Universal Calibration Lattice Workshop.

***
FLIP CHART
Introductions

2. **INTRODUCE** yourself as the teacher, share something about yourself with the group, then have each person introduce themselves following the information on the flip chart.
   - Name
   - What brought you here
   - What you hope to learn
   - Something personal you feel comfortable sharing

Suggest about 1 minute per introduction.

***
FLIP CHART
Day Schedule

3. **INTRODUCE** the schedule for the day:
   - Background on the EMF Balancing Technique
   - Opening Circle Energy Exercise
   - Theory of the Universal Calibration Lattice
   - Spiral Sweep: preparation, presentation, alignment
   - Lunch Break
   - The EMF Balancing Technique Templates of Light and Resonance
   - Alternating Sweep
   - Energy Activation Symbol
   - Intro Session
   - Amplifying Energy with Your Eyes Exercise (optional)
   - Summary

Display the schedule on a wall so that you and your students can refer to it throughout the day.

4. **POINT OUT:** (if applicable)
    - Location of bathrooms and payphones
    - Emergency exits
    - Smoking areas

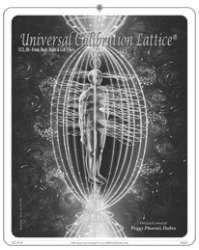
WORKBOOK
UCL

5. **HIGHLIGHT** the contents of the UCL student workbook:
    - Your UCL workbook explains the Light Templates for Phases I - IV.
    - Has the script for the Spiral Sweep.
    - Contains information about topics such as the Alternating Sweep, Energy Activation Symbol, One Minute One Step Rush and Intro Session - all of which will be covered in this class.
    - Is an excellent future reference.

Show the UCL student workbook.

WORKBOOK
UCL
Pg. iii
Course
Objectives

6. **HIGHLIGHT** the contents of the UCL student workbook:
    - Your UCL workbook explains the Light Templates for Phases I - IV.
    - Please turn to page iii in your UCL workbook.
    - The course objectives highlight the key learning points, key experiences and what you will be able to do by the end of the workshop today.
    - Please take a couple of minutes and review the course objectives for today's class.



FLIP CHART
#3 UCL
3D Front, Back,
Right and Left
Fibers

7. **SHARE** Peggy's background and path to the EMF work:
    - To begin today's workshop, I would like to share with you some background on the EMF Balancing Technique, how we got started, where we are presently and where we're headed.
    - In the late sixties and early seventies Peggy Phoenix Dubro, the originator of the EMF Balancing Technique, had a deep desire to know God which led to her first profound spiritual experience of "no beginning and no end".

You can refer to <u>Elegant Empowerment</u> if you choose to provide more information about Peggy's background.

- It was through this deep desire that she had a number of experiences that led her through many schools of thought and training; Zen Buddhism, Silva Mind Method®, Siddha yoga, African and Brazilian shamans, Native American traditions and others. Throughout this time she also studied the martial arts including Tae Kwon Do, Tai Chi and Kung Fu.
- In fact, her middle name of Phoenix was given to her by a Lakota Indian pipe carrier.
- After 15 years of study and training, Peggy was brought to a second experience of "no beginning and no end".
- It was through this second experience of "no beginning and no end" that Peggy began to experience an infusion of energy patterns which she described at that time as columns of light and energy.
- It was at this time that Peggy became aware of Ahnya, who she now understands as a part of her own being, representing the eternal feminine energy.
- Within a short time Peggy understood these columns of light and energy to be the fibers of what we now identify as the Universal Calibration Lattice.
- Peggy described her experience as "actually becoming" this pattern of light and energy.
- In addition to the patterns of the Universal Calibration Lattice (UCL), Peggy also experienced specific patterns of light and energy which she describes as light templates.
- These light templates are the tools of the EMF Balancing Technique, an energy process that we use to work with the Universal Calibration Lattice, these columns of light and energy.
- Over the following 14 years, Peggy worked at interpreting, applying, and proving the information and energy patterns which are now described as the Universal Calibration Lattice and the EMF Balancing Technique.

- Along with her co-author, David Lapierre, Peggy Phoenix Dubro has established the scientific support for the EMF Balancing Technique which is detailed in their book, Elegant Empowerment.

Show a copy of the book Elegant Empowerment.

- Peggy has worked with the Universal Calibration Lattice information establishing her as a leading authority in the field of energy balancing.
- Phases I-IV "Evolution of Consciousness" - the evolution of the EMF Balancing Technique began with the development of the first four phases in 1988. The first two phases (Phases I and II) became available for teaching in 1989. Phases III and IV were then refined and became available for teaching in 1994. In Phase I, your energy calibrates to balance your wisdom and your emotions. In Phase II, your energy calibrates to integrate the wisdom of your history. In Phase III you focus upon your Core Energy and being present in now time. In Phase IV, you give conscious intent as you calibrate your potential.
- Phases V-VIII "Masters in Practice" - were first introduced in 2003. These sessions encourage the conscious choosing of various attributes of mastery. As you experience these sessions and practice your chosen attributes in daily life, new energy patterns are created to support your evolution. The original resonance of who you are becomes stronger, and so does your ability to co-create your most enlightened life, a life filled with the noblest attributes of mastery.
- Phases IX-XII "The Emerging Evolutionary" - were first introduced in 2008. You gain a deeper understanding of your Core Energy as the ultimate expression of your self, your "Infinite I". You will further develop your ability to use the Third Lattice to manifest the energy of freedom within your being and your life. The dynamics of fission and fusion are used repeatedly to create a unique and powerful energy of evolution.

- Phase XIII "The Way of the Evolutionary" - was first introduced in 2009. A grand combination of all twelve phases of the EMF Balancing Technique. This session is the Alpha and the Omega, the beginning and the end point of this evolutionary body of work that is practiced all around the world.
- So, to date, we have The Universal Calibration Lattice, which is part of our energy field, and Phases I - IV of the EMF Balancing Technique, a system which we use to work with the Universal Calibration Lattice.
- In addition, there are nine more phases to be added to the four foundational phases which are now in place in the EMF Balancing Technique. A total of thirteen phases for the EMF Balancing Technique.
- So as you can see, the EMF Balancing Technique is experiencing tremendous growth with so much more to come!!
- As a worldwide organization, we have Teachers, Personal Growth graduates and Practitioners in over 70 countries.

8. **HIGHLIGHT**:

- For more detailed information please visit the official EMF Balancing Technique worldwide website - www.EMFWorldwide.com
- There are mirror websites in other languages all providing support and information about the EMF Balancing Technique for teachers, practitioner and visitors.

9. **SUMMARIZE** by highlighting the following:

   - So as you can see, this work is being done worldwide whether you're learning in a conference room or at the home of a teacher.
   - It is also an energy system that anyone can learn to do whether you're interested from a professional perspective or simply interested for personal growth and benefit.
   - These are exciting times. There is much more to come as we continue to grow!

   We are living in a time of great change, personally and collectively. This time of transformation presents us with a golden opportunity to evolve beyond our current limits. If we keep doing the things we have always done, we will continue to create the same results. Do you choose to embrace your evolutionary process, or do you choose to remain the same?

***
FLIP CHART
Terminology

10. **INFORM** the class:

- There are some additional things I would like to cover before the first activity.
- For today, we will set aside the term "aura". We will also set aside the term "psychic". Both "aura" and "psychic" come from an older belief system.
- Instead, we'll use the term "intuitive".
- The word "intuitive" is more effective in this new system of energy work because it is one of our senses, often referred to as the 6th sense.
- We'll also use terms such as human electromagnetic field, energy field or energy anatomy.
- Be aware, we may see possibilities, but we can no longer predict realities because we are writing our reality as we co-create from decision to decision.
- Also, when you are giving an EMF Balancing Technique session, the energy is self-regulating and self-directing.
- This means that the inner wisdom of the receiver regulates and amplifies the energy and the giver is simply the facilitator.

11. **SUMMARIZE** before moving on**:**

- We have discussed our schedule for today.
- We have reviewed the UCL workbook so you are familiar with its content. It also serves as an excellent future reference.
- We have talked about the growth of the EMF Balancing Technique worldwide and given you a overview of where we are headed.

12. **ASK** for questions and respond appropriately.

Please summarize these main points on a flip chart. After reviewing with the class, please display on a wall for the rest of the day.

TRANSITION to Opening Circle

13. **INTRODUCE** the first activity:
    - We'll begin this morning with an energy exercise called the Opening Circle which provides us with an opportunity to get to know one another a little better as well as providing an opportunity to experience our own energy.

See Pg. 147 in Teacher Support for details on conducting exercise.

Activity: Opening Circle Exercise

Time: 10 minutes

This activity will require a standing circle. Make sure that there is enough space between each student so they are able to perform the movements freely.

14. **ORGANIZE** the activity by **SAYING:**
    - Let's take a moment and organize into one large standing circle.

15. **EXPLAIN** life force energy:
    - We are all made of energy, which is referred to as life force, chi, prana, etc. In this exercise everyone will have an opportunity to experience it.

16. **OVERVIEW** the exercise by telling the class that the movements are similar to those practiced in Tai Chi and are intended to help increase the movement of the life force energy.

17. **EXPLAIN** that during this exercise, each of them will bring a rainbow of colored energy through their energy fields.

18. **EXPLAIN** that they will first learn the movements by observing you, and then they will do them together as a group. They will finish with some sensing exercises by putting their hands over the hands of the person next to them and experiencing how the energy feels.

Conduct Demonstration

1. **INFORM** the class that you will demonstrate the movements while verbally describing them. Invite the class to follow along with you.

2. **SAY:**

   - Stand comfortably, feet 12 - 18 inches (30 - 45 cm) apart with your knees slightly bent for balance and flexibility.
   - Relax your arms and extend them slightly in front, with your palms facing the floor, and your fingers slightly outstretched and relaxed.
   - While inhaling, raise your arms to chest height and slowly straighten your legs.
   - Keeping your shoulders relaxed, draw your arms toward your shoulders, pulling your hands to the side of the head, so that your palms face to the front and bring your elbows up and exhale.
   - This creates a "splash through" motion.
   - As you splash through your energy field feel, sense, imagine or think about the energy "splashing through" your entire field.
   - Lower the elbows and arms, and with your arms slightly bent have your palms facing the floor.

It is important to take your time and pace yourself. This is the first time that the class is experiencing an exercise together as a group. It is important for them to feel comfortable and build their confidence with a successful experience.

If necessary repeat this step a couple of times so that the class is comfortable with the movement.

3. **ASK** the class how this feels.

4. **ALLOW** for a couple of responses and respond as needed.

5. **SAY:**

    - Remember, as you do this exercise, the movements are smooth and continuous.
    - Also, we'll be working with different colors.
    - When doing the Tai Chi movements, focus on the movements and the sensations of each of the colors as you move them through your field.
    - When you have completed all the colors, take a moment to stay with the energy.

6. **CHECK** to see if the class is comfortable with the movements. When you are confident that the class can perform the movements adequately, then begin and conduct the activity using the chakra colors.

Conduct Opening Circle With Chakra Colors

1. **INTRODUCE** this part of the activity by telling the class that they will perform the same movements eight times using the eight colors of the energy centers or chakras: red, orange, yellow, green, pink, blue, indigo and gold.

2. **EXPLAIN** that when they perform the splash movement they will feel, sense, imagine or think about the color "splashing" through their entire energy field.

3. **BEGIN** by **SAYING:**
    - Stand comfortably, feet 12 - 18 inches (30 - 45 cm) apart with your knees slightly bent for balance and flexibility. We'll begin with the color red.
    - Arms are relaxed and slightly extended in front, palms facing the floor, and fingers slightly outstretched and relaxed.
    - While inhaling, raise your arms to chest height and slowly straighten your legs.
    - Keeping your shoulders relaxed, draw your arms toward your shoulders.
    - Pull your hands back to the side of the head, palms facing to the front, bring your elbows up and exhale, "splashing" the color RED through your entire field.
    - Lower the elbows and arms and with your arms slightly bent have your palms facing the floor.
4. **REPEAT** these same movements for each of the remaining colors.
5. When finished **ASK** for comments and respond as necessary.
6. **SUMMARIZE:**
    - These movements bring a spectrum of energy into your own electromagnetic field. With this exercise you have now stimulated your energy.

Provide verbal reinforcement during this time. For example, saying "looks good everybody" will help build the group's confidence.

TRANSITION to Sensing the Energy

7. **INTRODUCE** the next exercise:
    - Now that you have had the experience of bringing this spectrum of energy into your own electromagnetic field, we will now do an exercise that will give you the opportunity to sense the energy.

Sensing the Energy

Demonstrate the hand positions as you describe the position of the left and right hands.

1. **SAY** to the class:
    - Let's begin by turning your left hand palm up and right hand palm down.
    - Now, position your left hand so that the palm is under the palm of the person on your left with about 1 inch ($2^{1/2}$ cm) of space between them.
    - Place your right palm over the palm of the person on your right with about 1 inch ($2^{1/2}$ cm) of space between them.
    - Slowly, take a deep breath and with your eyes open or closed, feel, sense, imagine or think about the energy.

    pause for a moment

    - The intent is to feel the energy moving between us as it enters through the left hand, moves up the left arm and leaves down the right arm and out the right hand.
    - Breathe, relax and let the energy build and flow connecting us in this circle.
    - Now, raise your right hand about 3 - 6 inches (7 - 15 cm) and then lower. Do this several times.
    - How does that feel?

2. **ALLOW** a few moments for feedback from the class.

Have the students practice this several times until you feel it is time to move on.

3. **CONTINUE** to provide directions by **SAYING:**
    - Now return to your original hand position and remember to keep your palms about 1 inch ($2^{1/2}$ cm) apart.
    - Now move your palms horizontally, sliding off the fingertips and returning with the palms over each other.
    - Take a few moments and do this a couple of times.
4. **EXPLAIN** how the energy may change:
    - You may notice the energy becomes weaker as you move off the fingertips and stronger as you move back toward the fingertips. Also, you may experience some sensations including changes in temperature.
5. **TELL** the class to complete one last slide off the fingertips and then bring their own hands together about chest high, palms facing each other about 1 inch ($2^{1/2}$ cm) apart and ask them to hold for a moment.
6. **SAY:**
    - Feel, sense, imagine or think about any sensations between your palms. Slowly pull your palms away from each other and then slowly push them towards each other. Take a few moments and play with the energy and again, feel, sense, imagine or think about any sensations.

Demonstrate this with both your hands as you describe it.

7. **STATE** that some have described the sensations as static cling or feeling like spaghetti.

8. **ASK:**
    - Does it feel stringy?

9. **ALLOW** for a few responses from the class.

10. **EXPLAIN:**
    - This is electromagnetic energy and it is a part of all of us. There is a theory in science called the superstring theory which suggests that everything in the universe is held together by a stringy substance that is electromagnetic in nature.

11. **ENCOURAGE** students to practice sensing the energy between their palms so they can develop their sensitivity to feeling the energy.

12. **TELL** students to relax their hands.

13. **SAY:**
    - There are energy alignments that occur throughout the day. To honor this, let us give The Honoring:

      From the Infinite Potential within me, to the Infinite Potential within you, and in honor of each of our unique beliefs, let us begin.

To strengthen the review of this exercise, demonstrate each movement as you provide the following summary.

14. **SUMMARIZE** by saying:

- We started this morning with an energy exercise using Tai Chi type movements to help move the energy through your energy fields. We started the exercise by inhaling as we pulled the energy up, and then pulled in toward the shoulders, exhaled as we splashed through the field and brought the arms back down to the starting position. Remember this is one continuous and smooth movement.
- Next, we introduced the chakras colors: red, orange, yellow, green, pink, blue, indigo and gold into the same movements.
- Beginning with the color red, we inhaled, pulled the energy up, pulled in toward the shoulders and exhaled splashing the color red through our entire field.
- These same movements were used for the rest of the colors.
- Then everybody held their left hand palm up and right hand palm down and played with the energy.
- Then we held our hands out in front about chest high, palms facing each other about 1 inch ($2^{1/2}$ cm) apart and you experienced sensations as you pulled in and pushed out several times.

15. **REMIND** the students:

- When doing the Tai Chi movements, focus on the movements and the sensations of each of the colors as you move them through your field.
- Seeing the colors is not necessary. Your desire to feel the energy and your focus during the exercise automatically strengthens the energy.
- Remember to inhale when you pull up and toward the shoulders, and exhale as you splash through your field.
- When you have completed all the colors, take a moment to stay with the energy.
- When you hold your hands in front, chest high with your palms facing each other, take some time and play with the energy. Remember this energy is you and it is like forming a circuit between both sides of your body.

TRANSITION to the Cosmic Lattice and the UCL

16. **ENCOURAGE** the class to practice this sensing exercise.

17. **MOVE** to the next unit:

- Next, we'll spend the rest of this morning talking about the Cosmic Lattice and the theory of the Universal Calibration Lattice, and also do the Spiral Sweep energy exercise.

EMF Balancing Technique®

Honoring Humanity

Unit 2

The Cosmic Lattice and the Universal Calibration Lattice

Unit 2: The Cosmic Lattice and the Universal Calibration Lattice

Time: 1 hour 30 minutes

Science of Bioelectromagnetics

1. **INTRODUCE** the science of bioelectromagnetics:
    - To begin our discussion of the Universal Calibration Lattice (UCL), we will first spend a few minutes talking about the science of bioelectromagnetics, and then we'll define the Cosmic Lattice and then move our discussion into the theory of the Universal Calibration Lattice.
    - Bioelectromagnetics is a scientific discipline born in the 1970's which studies low level electromagnetic fields (EMFs) and how they affect our biology.
    - In today's world, we are continually exposed to a number of invisible energies of different frequencies.
    - The scientific work of Dr. Robert Becker in two books entitled The Body Electric and Cross Currents highlights the problems of electromagnetic fields produced by microwave ovens, television sets, computers, high tension towers, etc. that are so common in our society today.
    - The reason why the work by Becker is important is because it helps us understand that we are intimately connected with the electromagnetics of the planet as well as much of the electromagnetic technology that surrounds us.

For further information regarding the shift in the magnetics of the planet, you can recommend Awakening To Zero Point by Gregg Braden.

2. **EXPLAIN** the relationship between bioelectromagnetics and the EMF Balancing Technique:

   - Understanding our own electromagnetic nature and our energy anatomy is important because it helps us understand how low level electromagnetic fields, which are produced by much of the technology that surrounds us, can be harmful to our biology. These effects can shift us energetically and move us into a state of imbalance both physically and emotionally.
   - Understanding our electromagnetic nature also provides some beneficial effects. For example, feeling like a self-enabled human being, possible physical healings as a by-product of energy balancing and/or a sense of peace and well-being.
   - Because we are energy, we can have beneficial effects on each other electromagnetically. These beneficial effects are accomplished through using our own human to human electromagnetic connections.
   - There is a large body of scientific data, which helps us understand the human energy anatomy, primarily through the field of physics.

- The human energy anatomy, much like our physical anatomy, is made up of systems. For example, there are the skeletal, muscular and neurological systems within the physical anatomy.
- In the energy anatomy we have the mental, etheric and emotional systems. Also, we can think of the UCL as a system within our energy anatomy.
- So when you work on one system, you affect other systems, as all are connected.
- Therefore, when you use the human to human connection when working with the energy anatomy, you help create a balance within the physical systems as well as other systems.
- This human to human connection, both for our physical and energetic health (spiritual health), is accomplished through understanding how to work with the Universal Calibration Lattice and the EMF Balancing Technique.

Refer the class to the book Elegant Empowerment and the sections written by David Lapierre for the scientific details.

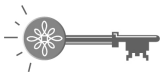
KEY POINT

KEY POINT

Cosmic Lattice

1. **INTRODUCE** the Cosmic Lattice:
   - Before we talk about the Universal Calibration Lattice, we first need to provide a brief explanation of the Cosmic Lattice.

2. **BRIEFLY EXPLAIN** the Cosmic Lattice:
   - The Cosmic Lattice, or Universal Energy Source, has been described as the most powerful form of energy in the universe.
   - Whatever your belief system, it is easy enough to accept that the universe is full of energy.
   - As evolving humans, we have a greater capability of tapping into this source of energy in a conscious way through the UCL.



   - The UCL is our own personal connection to the Cosmic Lattice.
   - We can now move ourselves into a vibrational frequency that allows us to access this universal energy for our own growth and development.
   - As we do this, we energetically become stronger and as a result we are able to utilize more of the energy of the Cosmic Lattice in our daily lives.
   - Therefore, it becomes a cycle of accessing the universal energy, which in turn builds strength energetically, which increases our capacity to hold more universal energy.
   - When one is clearly connected with universal energy there are fewer tendencies to use another's energy, which is sometimes represented through domination or control of another human being.
   - The Cosmic Lattice does not exist only in some far away exotic place. It permeates our very existence, right down to the cellular level, and beyond, into our subatomic energy field.

3. **ASK** for questions and respond as needed.

Universal Calibration Lattice - Preview

FLIP CHART
#3 UCL 3D Front, Back, Right & Left Fibers

1. **INTRODUCE** the Universal Calibration Lattice:
   - Now that we have introduced the Cosmic Lattice, let's spend some time talking about how to access its energy.
   - Accessing more of the energy of the Cosmic Lattice is accomplished through the Universal Calibration Lattice, also known as the UCL.
   - Therefore, to better understand the Universal Calibration Lattice, we'll first provide a definition, then an overview.
   - Then finally, we'll illustrate the relationship between the Cosmic Lattice, the UCL and our own human energy anatomy.

2. **DEFINE** and **OVERVIEW** the Universal Calibration Lattice (UCL):
   - The Universal Calibration Lattice (UCL) is defined as a structure within the human energy anatomy defined by 12 interconnected principle fibers that form a multi-dimensional lattice structure. This lattice has principle connections at the chakras, and interconnects the living system to the Universe.
   - The calibration process, which means to gauge or strengthen, enables the UCL to hold, and the human to use, more of the abundant energy charge available in the universe.
   - This calibration process can be thought of as "rewiring" for the new energy.

KEY POINT

Refer to a visual to help the class visualize what it looks like.

- Our electrical charge is the Divine spark or power that resides in all of us. When we develop and strengthen the ability to create a resonance between our charge and the electrical charge of the cosmos, we gain a new form of empowerment.
- Lee Carroll, author of the Kryon books, has written that the UCL acts as a doorway to the Cosmic Lattice, allowing us access to more of its energy.
- The UCL is our personal connection to the Cosmic Lattice, allowing us to make use of its unlimited energy.
- With the primary purpose of holding the greater electrical charge available to us as evolving humans.
- Holding more of these higher or divine energies is accomplished through calibrating or strengthening our own energy field. A biblical term which refers to this which you might recognize is “strengthening the vessel”.
- Let’s take a closer look at the UCL and highlight some of the main structures.

Ask students to draw the different parts of the UCL on their workbook illustration as you describe them. Provide any guidance that is needed.

Center Below and Center Above

FLIP CHART
#4 UCL 3D Front
& Back Fibers

WORKBOOK
UCL
Pg. 31
Universal
Calibration Lattice

3. Using the flip chart illustration of the UCL **SHOW** the Center Below and Center Above:
   - We begin with the illustration of the human figure as shown here (referring to the flip chart).
   - Below this illustration of the human figure, you see an area labeled CB which represents the Center Below. The Center Below is an energy center which is located 24 inches (60 cm) beneath the feet and connects an individual's energy field with the energy of the earth.
   - Please turn to the illustration on page 31 of your workbooks. Take a couple of minutes and write *Center Below* and *24 inches (60 cm)* below the feet.
   - Above our figure is an area labeled CA which represents the Center Above. The Center Above is an energy center which is located about 24 inches (60 cm) above the crown of the head. This is where the individual's energy field connects with the higher energies of Self or universal energy.
   - Take a couple of minutes and write *Center Above* and *24 inches (60 cm)* above the head.

Use the flip chart for reference as you describe the UCL.

Optional: Draw the different parts of the UCL on a separate flip chart/white board/overhead projector as you describe them to the class. Also, invite your students to draw and label the different parts of the UCL as you describe them.

- The small circles that you see on the figure in your workbook represent the chakras or energy centers.
- Let's take a moment and label each of the energy centers.
- We'll begin by writing *knees* next to the energy center at the knees. The next energy center is at the base of the spine, so please write *base of spine*, next is the *creative center*, then the *solar plexus*, the *heart center*, the *high heart center*, the *throat*, *third eye* and finally the *crown*.
- Next, we'll overview Core Energy.

Core Energy

FLIP CHART
#4 UCL 3D Front and Back Fibers

WORKBOOK
UCL
Pg. 31
Universal Calibration Lattice

4. **SHOW** Core Energy:

- As you can see on the flip chart, we have a central column of pure light and energy that runs the entire length of your being from your Center Below to your Center Above and vice versa. It is the essence of who you are. Everyone has Core Energy.
- The flip chart illustration shows the Core Energy radiating as it runs vertically through the center of the body.
- The Core Energy represents the present, or the Now.
- Take a moment and note the *Core Energy* on your illustration.
- We'll talk a little bit more about Core Energy shortly.

Long Informational Fibers

FLIP CHART
#4 UCL 3D Front and Back Fibers

WORKBOOK
UCL
Pg. 31
Universal Calibration Lattice

5. **SHOW** the long informational fibers:
    - There are 12 long, vertical fibers of light and energy called the long informational fibers that form the outer perimeter of the UCL. They surround us from the front, sides, back, top and bottom of our being.
    - These fibers are 24 inches (60 cm) away from our body and run through the Center Below and the Center Above.
    - The long fibers behind us contain information about our history. The fibers on the side of us relate to how we balance giving and receiving in the world and the long fibers in front contain information relating to our potential.
    - Please take a couple of minutes and draw the three fibers at the back and the front on your illustration.

Infinity Loops

FLIP CHART
#4 UCL 3D Front and Back Fibers

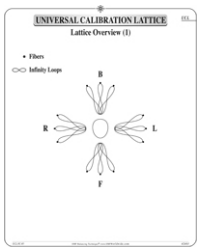
6. **SHOW** the infinity loops:
    - Observe the horizontal infinity loops that connect from the body to the long informational fibers through the chakras. Also notice the infinity loops that connect to the Center Below and the Center Above.
    - The infinity loops carry information from the long informational fibers to the chakras and from the chakras back to the long informational fibers.
    - They are conduits through which the electrical charges travel. These conduits contain pre-coded information in the form of circular patterns.
    - The circular patterns regulate the flow of energy through the loops according to the individual's inner wisdom.

WORKBOOK
UCL
Pg. 31
Universal
Calibration Lattice

- These loops contribute to the self-balancing and self-regulating nature of the UCL.
- The charges rearrange themselves depending on our actions and thoughts.
- A more direct way to affect the charges of energy is through the receiving and/or practicing of the EMF Balancing Technique, which is an energy method designed specifically to work with the UCL.
- Also, notice that there is an infinity loop above the head that regulates the higher inspirational energies as they flow downward through the entire structure of the UCL.
- And infinity loops beneath the feet that regulate the earth energies as they flow upward through the entire structure of the UCL.
- Take a couple of minutes and on your illustration draw an infinity loop connecting from each chakra to the fibers in the back and front.
- And also, draw infinity loops connecting the bottom of the feet to the Center Below and an infinity loop at the top of the head connecting to the Center Above.

Provide any needed assistance.

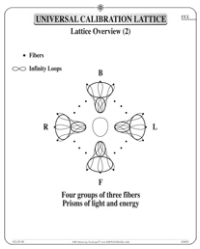
Lattice Overview



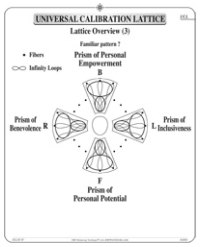
FLIP CHART #5 UCL Lattice Overview (1)

7. **PROVIDE** an overview of the lattice by **SAYING:**

- Let's take a moment and view these fibers of light and energy from another point of view.
- The illustration on the flip chart represents what the fibers look like if you were looking at them from an overhead view.
- The circle in the middle represents the head. The F represents the front, B represents the back and the R and L represent the right and left side of the body.
- The long informational fibers are represented by the twelve dots and are arranged in four groups, each group containing three fibers.
- You can see that the fibers are connected by the infinity loops and are in groups of three.



FLIP CHART #6 UCL Lattice Overview (2)



FLIP CHART #7 UCL Lattice Overview (3)

- The UCL is still evolving. Recently, twelve more strands have become activated.
- These newer strands are represented by the 12 dots on the flip chart, which form the innermost circle.
- Also you can see, there are four large non-symmetrical figure eights surrounding each individual group of three long fibers.
- On this next flip chart illustration, when we outline these areas of energy and define them, they have a prism effect.
- When you connect them, you have the framework of the Universal Calibration Lattice!

8. **ASK:**
   - Do you see a familiar pattern?

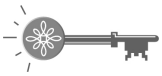
9. **ALLOW** for a few responses from the class.

10. **SAY:**
    - A familiar pattern emerges when an outline is drawn around each of the four groups of the long informational fibers.
    - Variations of this pattern have been depicted throughout human history as a halo around the head.
    - Peggy Phoenix Dubro expands on this understanding when she describes the halo as also being beneath the feet as well as permeating throughout one's entire being.

***
FLIP CHART
Summary

11. **SUMMARIZE:**

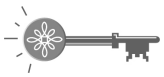
- We started our discussion by talking about the science of bioelectromagnetics.
- We introduced the idea that we are energy and therefore affected by events that are electromagnetic in nature, like low level EMFs that can have harmful effects upon our biology.
- We also talked about our energy anatomy having systems in much the same way as our physical anatomy has systems.
- That led us into a discussion about the positive benefits both physically and spiritually that we have on each other energetically through the human to human electromagnetic connection.
- Then we introduced the Cosmic Lattice as universal energy and explained that we have this energy available to us now through the Universal Calibration Lattice or UCL.



KEY POINT

- The Universal Calibration Lattice is our personal energetic doorway to linking with the vast energies of the Cosmic Lattice.
- As mentioned previously, calibration means to gauge or strengthen. To be an effective link, our personal lattice, our UCL, needs to be balanced, calibrated and thereby strengthened, which is achieved through the EMF Balancing Technique.
- Remember, the primary purpose of the UCL is to hold the greater electrical charge available to us as evolving humans.

- By exercising and strengthening the horizontal fibers of the UCL, you increase your co-creative ability, which simply means that you can now take an active role in creating the kind of reality you want for yourself. We will talk more about co-creation a little later this morning.
- Also, the energy pattern of the UCL is universal in its form and structure and is basically the same for each individual human being.



KEY POINT

- However, when we strengthen (calibrate) it, it amplifies our unique expression of self and enhances and celebrates the evolution of the individual.

12. **ASK** for questions and respond as needed.

TRANSITION to Theory of the UCL

13. **MOVE** to the next section:
    - Next, we'll discuss the theory of the UCL, our carbon-chemical electrical-light nature and then finish the morning session with a meditation called the Spiral Sweep.

EMF Balancing Technique®

Honoring Humanity

Unit 3

Theory of the Universal Calibration Lattice

Unit 3: Theory of the Universal Calibration Lattice (UCL)

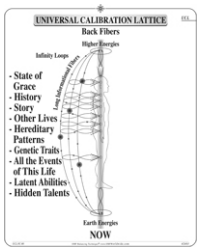
Time: 2 hours

Introduction

1. **INTRODUCE** the UCL:
    - As we mentioned before, the Universal Calibration Lattice (UCL) is our personal connection with the Cosmic Lattice, or Universal Energy Source.
    - It permits us to make use of the unlimited universal energy of the Cosmic Lattice, much like an electrical transformer transferring energy from one circuit to another.
    - Through a process of calibration (which means to gauge or strengthen) the UCL is able to hold more of the universal energy, which in turn allows us greater access to the universal energy.
    - Calibration of the UCL can be very helpful, especially during a time when the proliferation of electrical systems, appliances and increased electromagnetic frequencies continues to expand on the planet.
    - In this way, you are able to hold your energy and stay in a more vital pattern of strength and vitality.
    - Continued calibration of the UCL strengthens our energetic muscles in much the same way as lifting weights strengthens our physical muscles.
    - When we develop and strengthen our energetic muscles we create a resonance between our charge and the electrical charge of the cosmos, gaining a new form of empowerment.
    - The goal therefore, is for individual humans to consciously create a stronger non-denominational, ongoing and interactive union with one another and with the Infinite, Creative One, Universal Energy Source, etc.

- The UCL creates a personal resonance with the Cosmic Lattice to fully empower your co-creative process. The resulting vibration within the Cosmic Lattice can now respond profoundly and intimately to you.
- Don't limit your relationship with the universe; make it as deep and loving as you want. Don't stop until every cell of your being is full.
- We are invited to participate in the cosmic scheme of things in a way that the Masters before us have done.
- We honor these Masters when we roll up our sleeves and say "me too."
- Each one of us is a master in the making, learning to live our lives here on earth and learning how to be in our own mastery.
- Each one of us is also a soul, and we are learning to embody that aspect of Self as well. In our oneness with the all, we are co-creating our mastery.
- Until now, the general path of the spiritual seeker has been vertical; we have reached upward to our Higher Self, the God Self.
- Recently, a resurgence in the indigenous teachings directs us to reconnect with the very ground beneath our feet, to honor the life-giving force of Mother Earth.
- These vertical movements were appropriate in what we would call the old energy dynamics. However, now is the time for us to mature into a more powerful spiritual enablement.
- This evolution involves a horizontal spiritual movement by honoring and recognizing the sacred nature of the here and now which exists in every direction around us, not just above or below us.

Long Informational Fibers - Back Fibers



FLIP CHART #8 UCL Back Fibers

2. **TELL** participants:

- Now, let's take a look at the first group of the UCL fibers, referred to as the back fibers.
- The back fibers are the three fibers behind you. The area that radiates from the chakras and connects with these back fibers is called the Prism of Personal Empowerment.
- These back fibers contain the information relating to your personal history or story, including other life events, hereditary patterns, and all the events you have experienced in your current life.
- Additionally, they contain your patterns of genetic tendencies such as physical appearance, health and well-being, strengths, talents and latent abilities.
- The information is held within the back fibers of the UCL within very small, geometrically patterned discs of light.
- As we accept greater responsibility in the co-creative process of our own lives, historical information relevant to our evolutionary growth becomes more readily available.
- These discs hold the information in place electromagnetically, similar to how information is held on computer discs.

Show the class the area referred to as the Prism of Personal Empowerment.

Show the class where in the fibers these discs of light are held.

FLIP CHART #8 UCL Back Fibers

3. **POINT OUT:**

- When larger than usual energy charges surround one of these light discs, it is activated and transmits out to the Cosmic Lattice. Then energy returns to you, where it will often manifest as a reality that continually repeats itself in present or Now time.

On the flip chart, show the enlarged discs which represent those discs that have been activated.

- Essentially, the discs function like transmitters/receivers which transmit energy as well as attract "like" energy to themselves.
- If the resulting reality is one which we desire, then the repetition contributes to our self-empowerment.
- Too often, however, our energy history creates a pattern that is not desired, and it becomes an anchor of energy that holds us back from forward movement.

Show how the information travels through the infinity loops to the chakras and then returns to the fibers.

- When this happens, we find ourselves creating the same unwanted situations repeatedly.
- The ability to rearrange the energy charges creates an opportunity to release, often referred to as karmic release, from restrictions of the past.
- The energy discharges from the disc and moves through the infinity loops into the Core Energy, giving us more usable energy in Now time.
- This opportunity to release restrictions from the past can be understood as a "state of grace" which we have earned and continue to earn as we learn our lessons in life.
- Balancing the energy charges within the Prism of Personal Empowerment transmutes the energy history or the past into a column of gleaming wisdom and support.
- The more we work to balance these charges, the stronger we become. Using the UCL to release and recycle excess energy surrounding old events frees this energy for more beneficial investments.

- In effect, we reclaim the energy we have overly devoted to our history, particularly to highly charged emotional attachments to past events.
- We can then use that energy in the Now, without reliving the pain of the events that caused the overload.
- When we gracefully release these charges and reclaim the energy, the record of the event remains, and is recorded as wisdom, creating a state of "lesson learned wisdom gained."
- We transform the anchor holding us back into a gleaming column of wisdom and support that empowers us in our co-creative efforts.
- When we clear and balance this area, we heal and empower ourselves. In some cases we are able to neutralize the electrical charges of genetic, physical and psychological patterns that are no longer helpful to us.
- As you strengthen and balance your Prism of Personal Empowerment, you may spontaneously release a condition if you no longer need to experience that pattern as part of your evolution.
- When you give intent to clear your old karmic agreements, you will free up the energy that was attached to past events.
- Additionally, you activate hidden talents and latent abilities, which can also help you move forward in your life.
- The UCL holds the higher charge of energy that assists you in claiming this personal state of empowerment.

As you explain this section to the class, refer to your visual aids, i.e. flip chart that will provide a good reference for your class.

4. **SUMMARIZE** by stating:
    - So in summary, we referred to the back fibers of the UCL as your Prism of Personal Empowerment, which contain small geometric discs of light holding your historical information electromagnetically.
    - By clearing and balancing your Prism of Personal Empowerment, the back fibers of the UCL, you heal and empower yourself.
    - Giving intent to clear old karmic agreements results in "lesson learned wisdom gained", thus creating the foundation for an enlightened life.
    - The more we work to balance these energetic charges, the stronger we become, which empowers us in our co-creative efforts.
    - It is the UCL that enables you to hold the higher charge of energy that assists you in claiming this personal state of empowerment.
5. **ASK** for questions and respond appropriately.
6. **TELL** the class:
    - We'll take a 15 minute break. When you come back we'll talk about Core Energy, the secret of mastery and the front fibers of the UCL.

--- 15 minute break ---

Core Energy – The Unification of the Chakra System

7. **INTRODUCE** Core Energy - the unification of the chakra system:

    - We have discussed the Prism of Personal Empowerment, which are the back fibers, and the karmic release of past events in our history that no longer serve us.
    - Once we free this energy from the past, where exactly does it go?

      Desired Response: *Into your Core Energy and becomes available in the Now.*
    - The Core Energy represents the Now, and this is where you will find and learn to use the energy you have reclaimed from your past.
    - In this next section, we'll spend some time talking about the unification of the chakra system, the posture of Core Energy and the secret of mastery.

FLIP CHART
#9 UCL Core

8. **POINT OUT** using flip chart:

    - As we pointed out earlier, the Core Energy is the column of pure light and energy through the center of the body.
    - The Core Energy is the primary open circuit of the Universal Calibration Lattice that connects us to the energy of the Universal Energy Source or Cosmic Lattice.
    - Universal energy circulates throughout the UCL. Secondary connections are made through the fibers themselves as the discs of light transmit and receive information and energy.
    - The challenge of the new age is to learn how to function with empowerment while merging spirit and biology.
    - As you bring in and focus your energies within the core of your being, this merger occurs.

Physically point out each of the chakras and the central column so the class is properly orientated to your discussion.

- When you confidently radiate your Core Energy in daily life, it is as if the chakra system unifies into a single glowing beacon of light, signifying the true nature of the human as a being of light.
- Also, the major chakras are the energy centers of the body that correspond to the endocrine system.
- As the chakras work more harmoniously with each other in the core, they can bring about hormonal changes in the endocrine system.
- As these changes occur, an expanded communication with the Universe is created as well as a re-wiring and strengthening of the UCL, allowing it to hold a greater charge.
- As mentioned earlier, the UCL is similar to an electrical transformer that allows 220 volts to run through a 110 volt system.
- This effectively enables us to use the highly refined energies available interdimensionally.
- Holding the full charge of our being requires the ability to make effective use of available energy.

FLIP CHART
#9 UCL Core

9. **EXPLAIN:**

- The core is the place of transformation that encourages us to increase our vibration and enjoy balance, health, regeneration, and longer lives.
- And the more that we use our Core Energy, the stronger it gets.
- Radiating Core Energy unlocks and activates deeper levels of our innate intelligence, which is sometimes referred to as spiritual intelligence.
- The stronger the flow of energy within the core, the greater the access to the innate wisdom or spiritual knowledge within.

- Many spiritual teachers have stated that the answers are within you. The question is: where "within"?
- The answer is: within your Core Energy. The core of your being holds unlimited potential.
- Through your intent, you can place a question within the core of your being, and an answer will reveal itself when you hold the posture of Core Energy.
- You will find many answers are easily accessed from within the core because it is here that you are deeply united with the energy of wisdom and truth of Spirit.

TRANSITION to Core Energy Exercise

10. **TELL** the class:
    - There is a simple exercise that I'll show you that can be used in everyday situations to help you stand in your Core Energy for stability and balance.
    - It will help you find your answers that are within you.

Radiating Core Energy - A Brief Exercise

1. **TELL** students to make themselves comfortable.
2. **SAY:**
    - Focus your attention in your Center Below. Feel, sense, imagine or think about a golden pool of energy located 24 inches (60 cm) below your feet.
    - As you focus your attention in your Center Below, amplify your energy to flow downward and give the intent for a strong connection.
    - Take a moment to be comfortable with the sensation of being well grounded.
    - Now focus your attention in your Center Above. Feel, sense, imagine or think about a golden pool of energy located 24 inches (60 cm) above your head.
    - As you focus your energy in your Center Above, amplify your energy to flow upward and give the intent for a strong connection.
    - Take a moment to be comfortable with the sensation of opening to your higher energies.
    - Now, give the intent to radiate your Core Energy in all directions like a brilliant, fluorescent beacon.
    - Feel, sense, imagine or think about the sensation of radiating your Core Energy.

Teacher Support Pg.150 for details.

3. **ALLOW** the class a few moments to experience radiating their Core Energy.

4. **ASK** the class to bring their attention into the present.

5. **SAY:**
    - When holding your energy in this posture that you just experienced, spiritual intelligence becomes available to you.
    - Simply focus briefly on your energy centers (chakras) and then silently or aloud state the intention to radiate Core Energy.
    - Within a brief amount of time, it becomes automatic and very easy to think: *Center Below, Center Above, radiate Core Energy*.

Pointing out the energy centers (chakras) can be beneficial to those that may not be familiar with where they are located.

6. **ENCOURAGE** the class to practice this posture.

7. **DEBRIEF** this exercise with the following points:
    - A primary characteristic of radiating and strengthening the Core Energy is a feeling of profound peace, no matter what may be happening in your life.
    - When you balance and radiate your Core Energy, you are radiating peace.
    - This exercise can be done in the quiet of your own home, on a mountain or in line at a supermarket.
    - You can ask a question while holding your posture of Core Energy and will notice that at times a coincidence or synchronicity may occur that provides you with useful information in response to your question.
    - Or you can just be with the experience of holding this posture of Core Energy.

8. **ASK** for questions and respond as needed.

The Secret of Mastery

FLIP CHART
#9 UCL Core

***

FLIP CHART
Class Responses

1. **INTRODUCE** the secret of mastery by **SAYING:**
   - Take a moment and think of the attributes of mastery.

2. **ASK:**
   - What does mastery mean to you?

     Desired Responses:

     - *unconditional love*
     - *peace*
     - *wisdom*
     - *humor*

You can begin to build some anticipation with this question.

3. **ALLOW** for a few responses from the class.

List attributes on a flip chart or white board.

4. **SAY:**
   - Whatever attributes are meaningful to you, you will find increased ability and strength to stand in your own mastery when you hold the posture of radiating Core Energy.

5. **TELL** the class that you will share with them the secret of mastery.

6. **EXPLAIN** that the secret of mastery comes down to one word.

7. **TELL** the class that the secret of mastery is…..**PRACTICE!!**

8. **SAY:**
   - Practice your compassion, practice your love, and practice your wisdom. Practice anything that means mastery to you.
   - Practice patience with yourself, your family, friends, and with every human being you come into contact with.

- As you know, the more you practice something, the better you become.

9. **EXPLAIN:**

- The opportunity to practice mastery exists abundantly in daily life. What are we to become masters of, if not our own lives?
- Your life exactly as it is right now provides you with all the appropriate situations you need to practice mastery.
- There are those who say "We are masters and all we need is to remember that" or "I am a master and know it" and there are others that say "What? Me a master you must be kidding!"
- No matter what your understanding, mastery, like enlightment, is not some distant destination.
- It is a way of living life right here and right now, and a true master is constantly growing in the ability to co-create the most enlightened life they can.

10. **POINT OUT:**

- Shift happens in life and you may find that in some situations you hold your mastery very well, conducting yourself according to your highest standards.
- Then there will be situations where you will not hold your mastery very well and may not conduct yourself according to your highest understanding and the expression of your mastery will be lost.
- When this happens, think how you would have preferred to respond to the situation.
- Then, pick yourself up, dust yourself off, and start all over again.
- Remember, the Universe will give you a chance to practice again (and again, and again….)!
- Radiating your Core Energy sets up a resonance to which others around you will respond, helping them to connect with their Core Energy too.

11. **SUMMARIZE:**

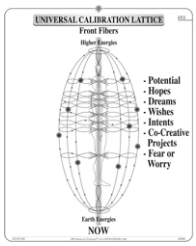
- Up to this point we have talked about the back fibers of the UCL, which hold energetic information about our history, other lives, hereditary and genetic patterns and all events in this life.
- Then we talked about Core Energy, the column of pure light and energy. This column runs from the Center Below to the Center Above and from the Center Above to the Center Below and is our open connection to the Cosmic Lattice.
- Then we talked about the fact that the way to achieve mastery is to practice holding the posture of Core Energy in your daily life.

12. **ASK** for questions and respond as needed.

Front Fibers of the UCL

1. **INTRODUCE** the front fibers of the UCL:
    - This part of the discussion brings us to the front fibers of the UCL.

Hopes, Dreams, Wishes, Intents



FLIP CHART #10 UCL Front Fibers

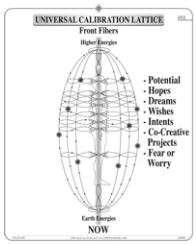
2. **EXPLAIN** to the class:
    - We are all beings of infinite potential and you can choose to activate any of your numerous potentials.
    - As you recall on your illustration, you drew three long informational fibers in the front of your figure.
    - There is an area that radiates from the chakras and connects with the front fibers called the Prism of Personal Potential. It is an area abundant with potentials and possibilities. In linear time we would call this the future.
    - Notice the discs of light that are located in the front fibers. These discs of light hold information regarding your hopes, dreams, wishes, intents and co-creative projects. Essentially, they function like transmitters/receivers which transmit energy as well as attract "like" energy to themselves.
    - With conscious intent you can selectively activate or insert your hopes, dreams, wishes, intents and co-creative projects into the long informational fibers located in front of you, essentially co-creating a reality that you want to manifest.
    - Therefore, these fibers are a very important aspect of the mechanism for tapping into the energy of the Cosmic Lattice.

Using the flip chart illustration show the class the area you identify as the Prism of Personal Potential.

Highlight the light discs by pointing to them in the front fibers as you discuss them.

Remind the class that the enlarged discs on the flip chart represent those which have been activated.

Worries and Fears

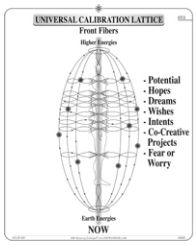


FLIP CHART #10 UCL Front Fibers

3. **EXPAND** on the front fibers:

- In addition to hopes, dreams, wishes, intents and co-creative projects, the energy charges of worries and fears are held in the front fibers.
- The information from these charges can be communicated to the Universe, and the Universe faithfully responds, without bias or discrimination.
- You may be familiar with the idea that you will often attract to you what you fear the most.
- The question is: what do you do when you know the Universe responds to ALL signals, including the ones you don't want a response to?
- One way is to lessen the charge. This is done by holding a posture of radiating Core Energy and giving intent to release excess electromagnetic energy surrounding a worry or fear-filled charge.
- Additionally, once your intent is expressed, it is important to continue to take whatever practical action you can in your life to continue to neutralize the charge.
- Another method to deal with fears and worries that seem to "pop up" or come out of nowhere, comes out of a technique from the Silva Mind Method®. When these unexpected thoughts of fear or worry arise, mentally place a "cancel cancel" stamp on the fear or worry while in the posture of Core Energy. You may be surprised at how effective this technique is.

Worthiness



FLIP CHART
#10 UCL Front Fibers

4. **EXPLAIN:**
    - Many volumes of books have been written about the importance of self worth.
    - In our understanding, self worth is a key element in the co-creative process. Many people feel deep down that they are unworthy of Creator's bounty.
    - When we don't feel our self-worth, we diminish our ability to co-create. We are each a "part" of Creator, an individual part of the whole and therefore we are by definition, worthy.
    - It is essential to our co-creative ability that we recognize our innate worthiness. One might wonder why such a magnificent Creator would allow us to feel unworthy.
    - Here is the true measure of the magnificence: Creator allows us free will and waits patiently for us to recognize that the miracle we are waiting for has already happened.
    - We are the miracle. It is time to understand and appreciate what we already are.

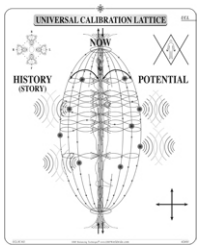
5. **ASK** for questions and respond as needed.

TRANSITION
to Dynamic of an Idea

6. **SAY:**
    - Next, we'll take a look at how we can manifest an idea.

There is no need to look for the miracle – The miracle has already happened and the miracle is you! – Steve Dubro

The Dynamic of an Idea



FLIP CHART
#11 UCL

1. **EXPLAIN** the dynamic of an idea:
    - Now that we have talked about the front fibers, let's take a couple of minutes and give an example of how you can use the front fibers to co-create an idea.
    - First, we begin with an idea which is represented by the light bulb shown here.
    - When you have a new idea, inspiration or desire, you may feel your excitement starting to build, stirring your passion and bringing in the energy of the heart. You get excited!
    - Often, before you even get to the next step of co-creating, you start to remember when you were told you couldn't or when you tried something similar and it didn't work.

pause – give students a moment to think about this

- And before you know it, the energy of the idea starts to dissipate before you even do anything with it.
- To help prevent this from happening there is a quick exercise that you can do.

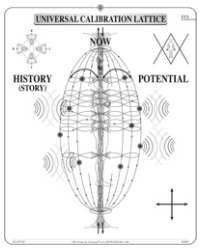
Refer to the illustration showing the location of the heart.

Envisioning the Dynamic of an Idea

- When you have an idea that excites you, hold the posture of radiating Core Energy, which is the exercise you completed earlier.
- Next, envision your idea encoded in a disc of light and consciously place the disc of light in the long informational fibers in front of you.

Joyful Energetic Tension

2. **EXPLAIN:**
    - Once you place your idea or intent in the fibers in front of you, a healthy tension is established.
    - Think of it as an energetic tension of joy, between your Now experience and the reality that you wish to manifest.



FLIP CHART
#11 UCL

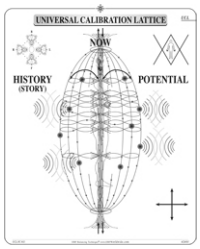
- Energetic tension between you and the Universe can be a wonderful state to be in.
- Create the appropriate energetic tension between you and your magnificent partner and you have established a co-creative flow.
- When you place your desire into the fibers of the Prism of Personal Potential, the message beams out into the Universe as if amplified by loudspeakers.
- The Universe answers by adding energy to whatever it is you wish to co-create.
- Be attentive to your surroundings, for the Universe always provides you with the raw material you need to evolve.
- The indications may not be immediately evident, but once you have discerned them, the next step in the manifestation process requires action on your part.
- Take the appropriate steps to fully realize your intent. Remember the old saying: "Don't wait for your ship to come in - row out and meet it!"
- So, don't give up - keep going!!

Refer to the illustration of energy transmitting from the front fibers and coming back through the infinity loops to the core (Now).

3. **EXPLAIN:**

- Learning how to calibrate the long fibers in front of you is essential to successful co-creating.
- As we evolve in this manner, we develop the ability to send our energy out more gracefully and purposefully.

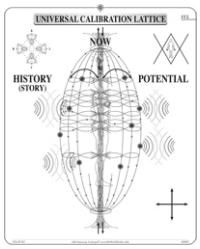
Co-Creative Cycle



FLIP CHART
#11 UCL

4. **EXPLAIN** the co-creative cycle by **SAYING:**

- To facilitate and ensure successful manifestation with your partner the Universe, trust your newly developed skills and send clear, uncluttered messages through your front fibers.
- State your goals and intents to the Universe and remember that the Universe always gives you everything you need to move forward.
- There is a saying: "When life gives you lemons, make lemonade".
- Life has given us all consciousness, and what we do with that consciousness is our individual choice.
- If you can look at the lemons with a sense of gratitude and find the meaning in them, you may discover the coincidences or synchronous events that propel you forward, sometimes one small step at a time, sometimes in giant leaps.
- These synchronicities come in the form of new connections and resources, fresh ideas, skills and talents to develop, and so increase our focus.
- As we polish our co-creative abilities in our daily lives, we produce more synchronicities.
- We continue to make one connection after another and our communication link with the Universe continues to grow, becoming an unlimited source of energy.
- In this cycle, we co-create for ourselves the work, relationships, creative expressions, and abundance that nourish our evolution.

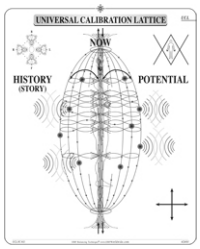


FLIP CHART
#11 UCL

5. **CONCLUDE** by **SAYING:**

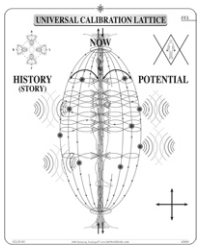
- What we are really doing when we co-create is bypassing three-dimensional reality and opening our energy circuits to communication with larger aspects of Self (with a capital "S").
- By trusting the part of ourselves that is our potential being, we develop a working relationship with that potential.
- Opening our energy circuits is like blazing a new path through the woods. Each time we walk that path, it becomes more familiar, and easier to get to our center of peace, calm, and strength.
- This is how we move our goals into harmony with Spirit and discover our true life contract or contracts.
- The more skilled we are putting the appropriate energy charges into the long informational fibers in front of us, the greater the charge available to us as we create our present reality from the future.
- Deepak Chopra reminds us of this when he says the wizard creates his reality backwards, allowing energy from the future to create the present.
- Finally, when we co-create through the Prism of Personal Potential, we are not asking Spirit to hand us the end results of our desires.
- We are asking for the tools to create them for ourselves.

Circular Time



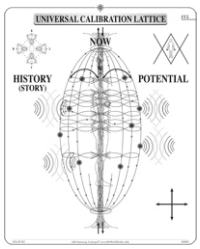
FLIP CHART
#11 UCL

6. **EXPLAIN** circular time by **SAYING:**
   - Linear time is a perception that time happens in consecutive moments, one after the other. It is our traditional way of thinking about time and it is a convenient way to understand the facet of our experience we call human.
   - Circular time, on the other hand, is the perception of time as a multiplicity of events occurring simultaneously, separated by our interpretation of those events.
   - In circular time, the terms "past," "present," and "future" are understood in a more fluid and universal way.
   - Circular time is a convenient way to understand the facet of our experience we call spiritual. Ultimately, there is only the ever-present Now.



FLIP CHART
#11 UCL

7. **REFERRING** to the UCL flip chart illustration **SAY:**
   - Looking at the UCL illustration, notice how the back fibers and the front fibers are connected to the Core Energy by infinity loops.
   - Information in the form of energy charges circulates from the back fibers, our history, through the loops and into our Core Energy or Now time. This energy also circulates through the loops back to our history.
   - Likewise, energy charges from the Now circulate through the loops to the fibers in front, our potential, and the energy potential then returns to the core or Now time.
   - When you combine these two patterns, the net result is that the energy circulates completely through from the front to the back and vice versa.



FLIP CHART
#11 UCL

- The essence of these simple patterns helps to explain statements such as "there is no such thing as time", or "there is no past or future, everything is happening in the Now."
- Thus, our Now experience is created by a flow of energy from our history and potential. The ancients have taught us that the only moment we truly have is Now, and all transformation takes place in Now time.
- As we learn to live in the Now, we are carrying the greater charge of our being. The greater the charge you hold in Now time, the greater your transformation.

8. **EXPLAIN:**

- When we work with intent and energy exercises, the UCL will continue to form.
- And, as we have mentioned previously, as we exercise and strengthen the UCL, we increase our capacity to hold the new energy and to manifest our multidimensional selves completely.

9. **SUMMARIZE:**

- Linear time is a convenient way to understand the facet of our experience we call human.
- Circular time is a convenient way to understand the facet of our experience we call spiritual.
- Ultimately there is only the ever-present Now.
- This morning we have talked about the back and front fibers, both connected to our Core Energy by the infinity loops.
- Information in the form of energy charges circulates from the back fibers, our history, through the infinity loops, through the chakras and into our Core Energy, or Now time.

- Also, energy charges from Now time circulate through the chakras and through the loops back to our history.
- Likewise, energy charges from the Now circulate through the chakras and the infinity loops to the fibers in front, which represent our potential. Then energy returns through the infinity loops and through the chakras, to the core or Now time.
- Combining these two patterns results in a circulation of energy from the front fibers to the back fibers and from the back fibers to the front fibers.

KEY POINT

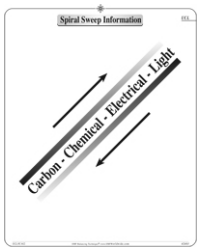
- This simple pattern helps to explain statements such as "there is no such thing as time" or "there is no past or future, everything is happening in the Now."
- Therefore, our time experience is created by a flow of energy from our history and from our potential. The ancients have taught us that the only moment we truly have is Now, and all transformation takes place in Now time.
- As we learn how to live in the Now, we are carrying a greater charge of our being. The greater the charge you hold in Now time, the greater your transformation.

10. **ASK** for questions and respond as necessary.

Optional

--- 10 minute break ---

Carbon-Chemical-Electrical-Light Beings



FLIP CHART
#12 Spiral Sweep Information

1. **INTRODUCE** the idea that we are Carbon-Chemical-Electrical-Light beings:
    - To gain a better understanding of ourselves as energy, let's take a brief look at our evolution from carbon-chemical beings to electrical-light beings.
    - As early as the 1800's, physicians experimented with electrical energy for healing; results were burned skin and unintended organs being struck with electrical current.
    - Could it be that the unsuccessful attempts at using electrical energy for healing was due to "timing"? Maybe in the evolutionary scheme we were not ready for electrical energy and instead needed to focus on the chemical aspects of our being.
    - We are still physical beings, therefore still in chemical bodies that have chemical reactions. Therefore, it is important to continue to honor our chemical heritage by choosing with wisdom and discernment the substances we put into our bodies. So that as we evolve we are able to remain healthy and able to physically support our evolutionary process.
    - It is also important to note that as we move forward, science has established the chemical-electrical nature of our biological systems. This is noted in our desire to seek sources of healing and well-being that reflect our electrical nature. For example, homeopathy, herbs, natural medicines, live vibrational essences and newer supplements that affect cellular structure and DNA.

- We are more than just carbon, chemical and electrical potentials. Our nature is also electromagnetic, as you have seen by our discussion earlier this morning.
- Therefore, as electromagnetic beings, we are connected to light. Let's take a look into this a little further.

2. **EXPLAIN:**

- Science has provided us with the research supporting the idea that light is the foundation of the electromagnetic field.
- Therefore, being electromagnetic and connected to light makes us light beings as well as carbon-chemical-electrical beings. Thus, we can say that we are carbon-chemical-electrical-light beings.
- As light beings, we can alter our vibrational frequencies and by doing so, we may be able to develop such abilities as instant regeneration, accelerated healing, or slowing the aging process.
- We are developing greater abilities to access and express more of our light (spiritual)-electrical nature. We are now learning to integrate the chemical and electrical facets of our being and as we do, we are learning to utilize our electrical nature to accomplish a variety of these wellness ideals.
- Physicians are now using electricity and electromagnetism to treat neurological imbalances and other conditions while researchers continue to expand their research of electromagnetic fields and their beneficial effects upon our physical systems. Understanding our own role in the healing process remains a powerful piece of this continuing puzzle.

On the flip chart, refer to the word "light", so it is clear that this is an addition to the earlier discussion.

Slides of Sacred Mirrors by Alex Grey

- When we are able to perceive with our physical eyes the veritable light show that an electromagnetic field provides, the whole notion of a "light being" or a "light body" will support scientific theory.

If you have Alex Grey's work available you can use it to emphasize these points. See Teacher Support section Pg. 152 for more details.

3. **SUMMARIZE:**
   - Science provides us with the foundation necessary to help us understand our carbon-chemical-electrical-light nature.
   - Understanding this carbon-chemical-electrical-light nature provides us with an opportunity to utilize more of our electrical nature for development physically, emotionally and spiritually.
   - We also discussed the Universal Calibration Lattice and how we can learn to use it to hold the full electrical charge of our being.
   - As we are able to hold more of this energy, through the UCL, it may be possible to increase our capacity to access innate wisdom, accelerate healing and learning in what may seem to be miraculous ways.

TRANSITION
to Spiral Sweep

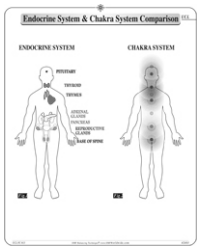
4. **MOVE** to the next section:
   - Next, you will experience an exercise called the Spiral Sweep, which creates an energy pattern throughout your energy field allowing for new energetic pathways or circuitry to develop.

Spiral Sweep

Spiral Sweep - Theory

1. **INTRODUCE** the Spiral Sweep:
    - First, we'll talk about the theory of the Spiral Sweep. Then, I will explain each of the areas that we stimulate in the Spiral Sweep exercise. Following that we will experience the Spiral Sweep together as a group.
    - Also, each movement is numbered. I'll explain each movement in the exercise so that you will understand the meaning of each number as well as how each physical system is related energetically.

2. **EXPLAIN:**
    - The Spiral Sweep exercise is a contemporary ceremony which you can do repetitively.
    - In this exercise, the individual is focussing their attention and *directing* their energy to very specific places throughout their physical bodies and energy anatomy.
    - Everyone is part of Creator; no one has any more of God than any other. It is simply learning to recognize and demonstrate Creator within your life.
    - We are transforming and learning how to carry the full charge of the piece of God that we are.
    - We need to express that charge over and over again until our spirit and biology are in balance and the electrical nature of our being is fully active.
    - Integrating this energy will help us do all that we perceive is possible in our co-creating efforts.



FLIP CHART
#13 Endocrine and Chakra System Comparison

3. **EXPLAIN:**

   - To help us understand the movement of energy during the Spiral Sweep exercise, let's take a look at both the endocrine system and the chakra system.
   - Let's take a moment to compare both these systems. If we look at the chakra system we are looking at a system of wisdom that is thousands of years old. Looking at the endocrine system, we are looking at a system that is 150 years of medical information.
   - See anything interesting?

     Desired Response: *For every chakra there is an associated part of the endocrine system.*

4. **EXPLAIN** to the class:

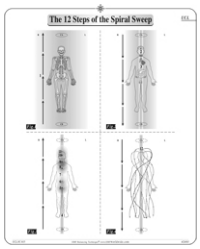
   - The chemical composition of the human body plays an important role in the evolutionary process.
   - Diets, specialized supplements, physical exercise, our state of mind and even the air that we breathe, all contribute to this chemical makeup.
   - One of the chemical-biological systems that play a role in our evolution is the human endocrine system. The endocrine system is one of the physical counterparts to the subtle energy structures that form our energy bodies.
   - The endocrine glands provide highly specialized chemicals which they release into the body's chemistry at precise times and for specific reasons.
   - These secretions are called hormones and play a key role in our evolutionary process.
   - Could it be possible that a minute shift in hormonal secretions will open new areas within the brain and trigger the mind's ability or consciousness to perceive a greater reality?

- In the new millennium, we are learning to reach even more deeply inside of ourselves to find the key that unlocks the riches of our own chemical "factory."
- The point is to understand that hormones play a very important role in the integration of our electrical-spiritual nature.

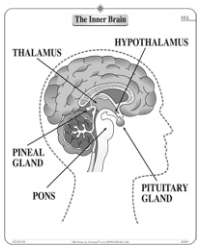
KEY POINT

- The Spiral Sweep in its present form helps prepare the energy body for the greater charge we are now capable of holding and using in everyday life.
- As many of us are realizing, the sacred event we have been searching for has already occurred, and it is us, the very reality of our existence!
- When we honor ourselves and all life in this way, we honor the Source or Creator of our existence, no matter how we envision the Creator.
- By doing the Spiral Sweep, we naturally stimulate with light, energy and intent, the hormonal secretions from the endocrine system which in turn create a resonance that stimulates the energy of evolution. This is the foundation for the marriage of spirit and biology.
- You may recall a book written back in the seventies titled Biocircuits: Amazing New Tools for Energy and Health. In this book is a documented experiment where athletes were placed on a perfectly balanced table and asked to place their attention on different parts of their body, such as their right foot, or their left hand. When they did, the table tipped, very slightly, but enough where the movement was measurable.
- What this experiment shows us is that wherever you place your intent, a measurable energy follows!
- Now, let's take a look at the energy pattern of the Spiral Sweep.

Spiral Sweep Energy Pattern - Explanation



FLIP CHART
#15 12 Steps of the Spiral Sweep

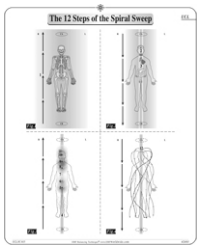


FLIP CHART
#14 Inner Brain

WORKBOOK
UCL
Pg. 33
12 Steps of the Spiral Sweep

1. **EXPLAIN** the energy pattern of the Spiral Sweep:
   - Let's take a look at the Spiral Sweep chart and see what the pattern of energy looks like as we trace it through the endocrine system.
   - We begin with the **Number 1** and direct golden energy up through the skeletal system.
   - **For Number 2** we direct energy down through the brain. I'll ask you to stimulate the pituitary gland, located between the eyebrows about 1 inch into the brain. The pituitary gland blossoms like a flower as it secretes the new hormones needed for evolution.
   - Next, we place our attention in the center of the brain, where you will find the pineal gland. This is located next to the thalamus and the hypothalamus; sometimes called the sacred chamber of the brain.
   - Also in this same area is the pons, which is the egg shaped organ that sits atop the spinal column. From this area we direct the energy down through the spinal cord.

As you refer to areas of the inner brain, point them out on the flip chart.

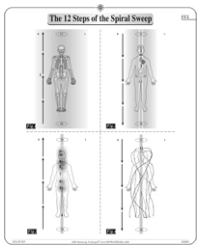


FLIP CHART #15 12 Steps of the Spiral Sweep

- **For Number 3** we focus the energy through the endocrine system and ask that you stimulate the thyroid and the parathyroid in the throat and then down a little further to the thymus gland.
- The thymus gland is the gland that relates to the energy center that is transmuting our heart centers, which helps us to enhance the power and circuitry of the energy of love.
- Directing energy into the chest and through the heart is a very powerful experience. It helps us carry the full charge of who we are. Because of this, we give extra attention to the thymus.
- So as we direct energy through the thymus, we bathe this gland thoroughly in light and energy. It would be wise to stimulate this gland on a daily basis, by simply focusing your attention on the thymus and imagining bathing it with pink and golden light.

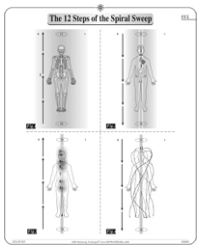
2. **HIGHLIGHT** the heart by **EXPLAINING:**
    - We also place your attention on your heart. We include the heart in the endocrine system because the pericardium, which is the sac that surrounds the heart muscle, may fill with some hormonal secretions which contribute to the increased radiating of the heart energy.

3. **CONTINUE** explaining the movement of energy:
    - Continuing, your attention is placed on the pancreas to the left of your navel, and then the energy moves to the adrenals which are located above the kidneys.
    - Further down, we direct the energy to the creative glands, the ovaries or testes.
    - Next, we'll direct energy down through the legs. This will complete the movement of energy through the glands of the endocrine system.



FLIP CHART
#15 12 Steps of
the Spiral Sweep

- **For Number 4**, we'll spin the energy clockwise around the feet. As the energy rises up clockwise through the field, it will adjust itself to promote a sense of balance within your energy anatomy.
- **Number 5** brings our attention to the base of the spine. This is a vital energy center and is red in color. For those of you interested in numerology, 5 is the number of change, so we're looking to change the vital energy, creating a more spiritualized and integrated base energy.
- **Number 6** directs the energy through the creative center. The color in this area is orange.
- **For Number 7** we direct energy to the solar plexus, encouraging a balanced sense of self. This is the seat of the unconscious. Yellow in color, 7 also represents being intuitive, turning within and being solitary.
- **For Number 8** we direct energy to the heart and the color is emerald green. Following that, we direct energy to the high heart. The number 8 is the number of power.
- **For Number 9** we focus the energy in the area of the throat. The color here is blue. It is through the throat that we express the power of the spoken word.
- **For Number 10** we focus on the area of the forehead we call the "third eye." Here the color is indigo, and as we direct energy in this area we give the intent to express new wisdom and new understanding. By balancing the head and the heart, we create fertile ground for the expression of compassion in our lives.



FLIP CHART
#15 12 Steps of the Spiral Sweep

- **For Number 11** we focus our attention on the crown center. The color of the crown center is a gold/white light. Also, the number 11 is the first number of three master numbers, 11, 22, and 33. The vibration of each master number increases in strength as it builds upon the next.
- **For Number 12** you will hold the energy in the crown center, inhale deeply and hold your breath for a moment as the energy builds within. Then I'll ask that you exhale through your mouth, directing the golden energy and light to spiral up and out the top of your head, and then down and around your entire being. A good visualization is to imagine the strands of DNA spinning. This strengthens your field and enhances your connection with the energy of the earth.

The golden energy rises up through the body to the crown where in mixes with the white energy, creating the gold/white light. This is what is commonly depicted in the halos around the head of spiritual beings.

4. **REMIND** the class that training the energy of the body to respond to the pattern of the Spiral Sweep will build strength within their UCL and help them become more resilient in their emotions.

5. **TELL** the class:

   - You have learned that the energy of your being is self-regulating and self-directing. As you follow the pattern of the Spiral Sweep, your energy will respond in its own unique way. Nothing is forced. Your energy is always calibrating to the next level of balance.

Spiral Sweep - Class Exercise

Time: 20 minutes

The first time that you teach this exercise, students should always be comfortably seated. They are adjusting to this new pattern of energy. It is the first energetic alignment in this work.

When leading the class through this exercise include the number and title. The numbers help students recall the pattern that they are sending energy through when they are doing the Spiral Sweep on their own.

Soft music creates a relaxing atmosphere.

1. **INVITE** the class to make themselves comfortable, feet flat on the floor, spine straight and to close their eyes and go within.

2. **BEGIN** by **SAYING:**
    - Together let's begin to trace the pattern of the Spiral Sweep through your energy field. We will use golden energy for this exercise.

3. **SAY: #1 Golden Skeleton**

- Feel, sense, imagine or think about golden energy spinning around your feet in a clockwise motion. Allow this energy to permeate the soles of your feet.
- The mineral composition of your bones makes the skeleton a good conductor of this refined energy.
- Now, bone by bone, direct this golden energy through your skeletal system.
- Direct this energy through the bones in your toes, all the bones in your feet, your ankles, up to your knees, your kneecaps, and through the bones in your thighs.
- Direct this energy through your hip bones, down to your coccyx or tailbone, up the sacrum, and up through the spine, bathing each of the vertebrae with this golden energy.
- Direct the energy to flow through the bones in the shoulders and shoulder blades, down the breastbone and around the ribs.
- Direct the golden energy down through the bones in your arms to your wrists and all the little bones in your hands and fingers.
- Now, direct your attention and the energy up to the bones in your neck, around your jaw, through your teeth and entire skull.
- You have just bathed your entire skeletal system with golden energy. Allow the feeling, sensation or image of radiating a golden glow throughout the bones in your body.
- Breathe deeply and relax.

pause for a moment

Use a clear and soft tone of voice.

It is important to pace yourself as you verbally guide students through this meditation. Remember, they are visualizing what you are saying.

SAY: #2 Golden Brain

- Place your attention within your sacred brain and give the intent for your brain to absorb this energy.
- Begin with the cortex, the gray matter covering the top of the brain.
- Directly beneath the gray matter is the white matter, the largest portion of the brain. Allow the white matter to absorb this golden energy like a sponge.
- Your consciousness will balance the "feel" of this golden energy on both sides of your brain.
- One of the functions of the white matter is to assist with all extrasensory perceptions.
- Focus your attention between your eyebrows, a little higher, and about an inch into your brain.
- Here you will locate the pituitary, a small pear shaped gland.
- Direct the golden energy to completely surround this little gland, and then give the intent for this energy to be completely absorbed.
- As you channel the energy through this gland, give the intent to activate the hormonal changes in your body that are appropriate for you as you take your next evolutionary step.
- The pituitary is the first point of contact energetically connected to the pineal gland.

pause for a moment

- Now place your attention in the center of your brain. This area is sometimes referred to as the sacred chamber.
- Here, you will find the pineal gland. It is a small, kidney bean shaped gland.
- Direct the energy to surround your pineal gland, and then give the intent for this gland to absorb all the golden energy it can.
- You will also find in this area of the brain the hypothalamus and the thalamus. Your thalamus is a fan shaped organ composed of gray matter marbled with white matter.
- The two sections of the thalamus are located in the two hemispheres of your brain. The thalamus is responsible for the power of visualization that you are using right now.
- Visualize or imagine a golden butterfly as your thalamus radiates a golden glow! Give the intent to intensify the expression of your sacred nature.
- Bring your attention to the back of your head. Place your focus within the base of your brain. Here you find an egg-shaped organ called the pons.
- Imagine this egg-shaped organ, your pons, to be completely glowing gold.
- Finally, and with strong intent, direct this golden energy all the way down your spinal cord.
- You have just energized your brain.
- Breath deeply and relax.

pause for a moment

SAY: #3 The Endocrine System

- Refocus your attention and now you will begin to guide the golden energy downward, through your endocrine system.
- First, focus the golden energy within your parathyroid and thyroid glands in your lower throat area.
- Give the intent for the golden energy to be completely absorbed and infused into these glands.
- Above your heart center, beneath the breastbone, is the thymus gland. The energy center associated with your thymus gland is called the high heart center.
- This gland and the energy center of this area are an important point of origin for the radiating of the golden energy within our physical body.
- This intensification of the energy radiating from the high heart center is one of the keys to the powerful expression of our electrical spiritual nature.
- As we increase our ability to express this electrical energy, we can then accelerate the healing process when the body has gone out of balance.
- It is in our best interest that we stimulate this area.
- Direct the golden energy to circle your thymus and be completely absorbed.
- Intensify your intention as the thymus fills with golden energy It will reach a point of fullness and then radiate that golden energy throughout the cells of the entire heart area.
- Visualize your entire heart area radiating a golden glow!

- Place your attention on the heart muscle. The heart is not part of the endocrine system. However, the pericardium, a sac that surrounds the heart may fill with a few precious drops of hormonal fluid.
- This fluid will contribute to the increased radiating of the heart energy. Give the intent to fill the heart with the golden energy of evolution and love.
- To the left of the navel is the pancreas and as we stimulate this organ with golden energy, give the intent to strengthen your ability to continue to digest and assimilate the energetic changes that are taking place within your entire being.
- Now, place your attention in the mid-back on the adrenal glands.
- The adrenals are located above the kidneys. Use the golden light and give the intent to completely regenerate the adrenal glands.
- A little further down, bring your attention to the sexual glands, the ovaries or testes, and hold the golden energy within this part of your body.
- Enlightenment is for every cell of your body, including those cells beneath the waist.
- Direct the energy down through your hips, thighs, calves and soles of your feet.
- The physical body has been energized.
- Breathe deeply and relax.

pause for a moment

SAY: #4 Energy Around the Feet

- The energy now swirls around your feet and creates a strong grounding effect.
- Strengthen the grounding effect with the understanding of how important it is to have a deep relationship with the energy of the earth.
- This sacred grounding contributes to our ability to hold the higher energies that are now available to us.
- The vibrational frequency of the energy changes and it begins to gently rise up through the energy field as a concentrated golden ray of light and energy.
- We will direct this golden ray through each of the energy vortexes associated with the glandular system.
- The change in the energy can sometimes be noted as a change in temperature or a tingling sensation, as you begin to direct the energy up through the energy vortexes of the feet, through the energy of the legs, to the base of the spine.

SAY: #5 Vital Center

- Place your attention at the base of your spine and feel, sense, imagine or think about a glowing sphere of red, vital energy.
- As the golden ray gently enters this sphere, a beautiful pattern like a golden starburst begins to form and radiates in all directions.
- Give the intent to bless, strengthen and balance the energy center at the base of your spine.
- As you do this, you create the sacred foundations within your being that are needed as you continue to integrate the energy of your divine nature.
- The ray of golden light rises to the next energy center, the creative center.

SAY: #6 Creative Center

- As the ray of golden energy rises upward towards the creative center, focus your attention within your orange sphere of creativity.
- The golden light radiates throughout this orange sphere once again in a starburst pattern.
- Give the intent to be mindful of how you express your creative energy. Your creative energy is part of your vital force and can be directed to facilitate your evolution.
- This area is also your seat of creativity.
- Encourage the flow of energy from here to enhance you co-creative efforts in life.
- Give the intent to bless, strengthen and balance this center.
- Breathe.

SAY: #7 Solar Plexus Center

- Now, the golden ray of energy moves upward. Direct the golden energy to enter the yellow sphere of the solar plexus.
- As the golden energy resonates within this area, you may feel, sense, imagine or think about a pattern that looks like a sunflower.
- Remember that the solar plexus is also known as the seat of the subconscious and all the facets of the sparkling sunflower image are a reminder of all the facets of you.
- Breathe deeply and give yourself permission to be!

SAY: #8 Heart Center and High Heart Center

- Now, direct your attention and the golden ray of energy higher, into the beautiful emerald green of the heart center.
- Sense the energy bursting into a beautiful kaleidoscope of golden and green energy, pulsing into complex patterns.
- Each one of us holds an original piece of the Creator in our heart, and together we create the One.
- Place your attention above the heart in the area of the thymus, this area we refer to as the high heart area. Here you will find a concentration of the golden light.
- Give the intent for this golden light to intensify. You may feel the warmth and fullness of your heart as the unique light pattern of your heart energy unfolds.
- As you feel or sense the balance within your heart, first nurture yourself with this love and then radiate the love outwards.

SAY: #9 Throat Center

- As the energy of love continues to radiate outwards, direct the golden ray upwards and into the blue of your throat center.
- This center is a special gateway; it is the place where the "as above, so below" energy merges and translates into usable power.
- This is the center for the expression of your piece of the truth. Remember the power of the spoken word. Strive to speak words of truth only, in even the smallest of matters.

- Allow the energy to polish how you express yourself to the world.
- You may turn your head slowly from side to side as you work the energy through your throat area.
- You are almost finished with this exercise. Take a deep breath and refocus your attention.

pause for a moment

SAY: #10 Third Eye

- Now, concentrate and direct the ray of golden energy up through to the center of your brain. From the pineal within the center of the brain to the pituitary near the center of the forehead is the area we call the third eye.
- Here, the energy is indigo in color. As the golden ray gently radiates through this majestic indigo center, the light patterns resemble a multi-faceted jewel.
- Give the intent to deepen your wisdom and increase your understanding. You may contemplate what it means to "think with your heart and feel with your mind."
- This area is also associated with telepathy, the sixth sense we are now developing at an accelerated pace.

SAY: #11 Crown Center

- Refocus and increase your attention as you direct the golden light up through your crown center.
- As the golden energy gently swirls around the top of your head, your unique pattern of light, a halo, forms. This is an energy pattern of union.
- The golden energy of your human nature merges with the purity of your divine nature.

SAY: #12 Hold and Release

- Now, breathe in deeply through your nose and hold your breath for a moment, let the energy build.
- With strong intent, breathe out through your mouth and as you breathe out, visualize a fountain of colorful energy rising up out of your head and spiraling down, around, and throughout your entire being.
- This movement strengthens your lattice and deepens your connection with the energy of the earth.
- Take a few moments and enjoy. You may even feel a sense of being home.

4. **TELL** the class:
    - Namaste, dear friends. This completes the exercise.
5. **PROVIDE** a moment for the class to re-orientate to their surroundings.
6. **ALLOW** a few minutes for comments.

7. **TELL** the class that they will now break for lunch.

8. **PROVIDE** details regarding the lunch break:
   - Lunch will be (*length of time for lunch*) and we will start the afternoon session promptly at _____pm.

1-1$^{1/2}$ hours is recommended if time permits.

You may adjust the length of the break depending on your training location and time.

- - - - E N D O F M O R N I N G S E S S I O N - - - -

- - - L U N C H B R E A K - - -

EMF Balancing Technique®

Honoring Humanity

Unit 4

The EMF Balancing Technique and Templates of Light and Resonance

Unit 4: The EMF Balancing Technique and Templates of Light and Resonance

Time: 45 minutes

Morning Session Review

***
FLIP CHART
Review

1. **WELCOME** the class back from lunch and **BRIEFLY REVIEW** the morning session:
    - We started out this morning talking about the experience of the human to human electromagnetic connection.
    - Then, each of you had the opportunity to experience the energy with an opening circle exercise where we used the colors of the chakras and splashed them through your energy field.
    - We then introduced bioelectromagnetics to help us understand the effects of electromagnetic fields upon our biology.
    - Then we introduced the Cosmic Lattice and the Universal Calibration Lattice, which is our own personal connection with the Cosmic Lattice.
    - Then we directed our discussion to the Universal Calibration Lattice itself.
    - We started this discussion with our illustrated figure and talked about the Center Below, which is an energy vortex which connects us to the energy of the earth. Then we described the Center Above, which is as an energy vortex or gateway to higher energies. And through the center of the human we have this column of energy we call our Core Energy.
    - We then moved our discussion to the back fibers which hold information relating to our history, past events, other lives and hereditary patterns.
    - Adding to that, we talked about the small discs of light which hold this information electromagnetically, much the same way as information is held on a computer disc.

Abbreviate the main points in the review and place them in bulleted format on the flip chart.

- This information is downloaded into our Core Energy, our Now time, via the infinity loops.
- Then we talked about the front fibers which hold our hopes, dreams, wishes, intents and co-creative projects. These also have discs of light which hold information electromagnetically which downloads into our Now time.
- We mentioned that this energy is self-directing and self-regulating.
- We also discussed the secret of mastery.

2. **ASK** the class:
   - What did we say the secret of mastery was?

     Desired Response: *Practice*

3. **CONTINUE** to **REVIEW:**
   - Then as we brought the morning session to a close, we introduced that we are carbon-chemical-electrical-light, and being connected to the light provided us with understanding of the human as a light being.
   - And finally we concluded with the Spiral Sweep, an energy exercise designed for our evolution.

4. **ASK** the students what questions they have and respond as needed.

TRANSITION to Templates of Light and Intents

5. Next we'll talk about the EMF Balancing Technique templates of light and intents.

The EMF Balancing Technique Templates of Light and Intents

Using the flip chart show each of the templates as you discuss each one.

Encourage students to take notes as you discuss each of the templates.

WORKBOOK
UCL
Pg. 32
Templates of Light

1. **SAY:**
    - The EMF Balancing Technique consists of thirteen phases, each having specific intents and associated light templates. We will be discussing the first four phases, which form the foundation for the EMF Balancing Technique.
    - I will highlight each template and intent for each of the four phases. I'll also show each light template and its location using the flip chart illustrations as a guide.

FLIP CHART
#17 Templates of Light
Phases I-IV

Light Templates

2. **EXPLAIN:**
    - Peggy Phoenix Dubro activated the templates for the EMF Balancing Technique. She describes this experience as "becoming them" energetically.
    - These are Peggy's own sacred templates and they hold the resonance of the EMF Balancing Technique.
    - The templates of the EMF work are the way the sacred templates of Peggy's being communicate with the sacred templates of your being.
    - The templates are patterns of light and energy and are the key to this work.
    - The patterns look like two square-based pyramids joined at their base with one pyramid pointing upwards and one pyramid pointing downwards, forming an octahedron.

Reference Peggy's book <u>Elegant Empowerment</u> for further details on these points.

- Each of us holds templates of light. The pattern of the templates is universal and they look similar in everybody – but the geometric energy patterns and information within them are unique to each person.
- This is very much like our hands.
- The shape of our hands looks similar in everyone, but we all have unique fingerprints.
- So, our templates all vibrate in their own unique way and are held within our energy field and are connected to our UCL.

Resonance

FLIP CHART
#17 Templates of Light
Phases I-IV

3. **EXPLAIN:**

- The templates resonate with each person's unique sacred potential, their own special gifts and abilities, what they have to offer.
- We all have something unique to offer and our templates hold a piece of the universal puzzle, which we are all part of.
- Our templates are much like a wordless language, they are the way we communicate our piece of the puzzle to ourselves and others.
- They transmit and receive information that has to do with our potential and they help us to discover why we are here and the role we have to play in this lifetime.
- A trained teacher transmits the resonance of the EMF Balancing Technique in a very specific way so that during the training the students begin to resonate with their own templates, activating them.
- An energetic alignment takes place and it happens very quickly through the phenomenon of resonance.
- An example of resonance is when you have one tuning fork vibrating and you place another tuning fork next to it, the second tuning fork will vibrate at the same frequency as the original tuning fork.

- Similar to the tuning fork, this resonance is also transferred by the giver to the receiver as they give their receiver an EMF Balancing Technique session.
- As the giver traces the set pattern of the session through the receiver's UCL, it creates a resonance that speaks to the receiver's templates.
- The receiver's energy responds and their own sacred templates emerge.

Focus of the EMF Balancing Technique

4. **EXPLAIN:**

- The focus of the EMF Balancing Technique is to facilitate the expression of each receiver's own sacred templates and to honor the innate wisdom of each receiver.
- Once the receiver's own sacred templates emerge, it is then up to them to discover and activate the information within them by using the information in their own lives.
- Every time a session is performed, the receiver reaches a deeper understanding of the information in their templates and how it relates to their part in the universal scheme.

Summary

5. **SUMMARIZE:**

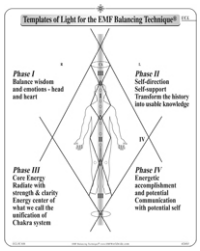
- To summarize, Peggy Phoenix Dubro experienced her own sacred templates and developed the EMF Balancing Technique as a way of working with people to facilitate the expression of their own sacred templates.
- She sometimes describes this as the way her sacred templates sing to your sacred templates.
- The templates are energy patterns in our energy field connected to the UCL that form an octahedron and hold the resonance of our unique potentials in Now time.

TRANSITION to Phases I-IV Templates and Intents

- Each type of EMF Balancing Technique session - known as a "phase" - has a template and an intent associated with it.
- The templates resonate with the intent and each phase facilitates the emergence of the associated template.
- Let's take a closer look at the phases and their associated templates and intents.

Phase I

Refer the class to page 32 in their workbook and invite them to follow along with you as you describe each of the templates.



FLIP CHART #16 Templates of Light

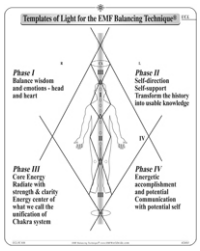
WORKBOOK UCL Pg. 32 Templates of Light

6. **EXPLAIN:**

- This template begins at the crown, expands at the shoulders and meets at the heart.
- The intent for the Phase I session is to balance the head and the heart, or the wisdom and love.
- A person who thinks too much without the ability to feel is out of balance.
- And a person who feels too much without the ability to reason is also out of balance.
- Traditionally, mental capabilities have been held in high esteem. Now we are beginning to understand that emotion is also part of intelligence.
- Wisdom and emotion used together in a balanced way create the best foundation when moving forward in our lives.
- Peggy Phoenix Dubro often encourages students to explore the idea of "thinking with your heart and feeling with your mind".

You can reference Daniel Goldman's book Emotional Intelligence if students are interested in multiple intelligences.

Phase II

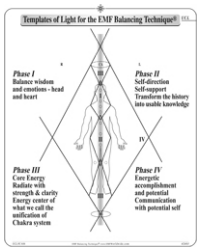


FLIP CHART
#16 Templates of Light

7. **EXPLAIN:**

- This template begins at the heart, expands at the hips and meets at the knees.
- The intent for the Phase II session is self-direction and self-support.
- It helps the receiver to release old energetic patterns that may be holding them back, transforming their history into usable knowledge so that their past becomes a column of self-support.
- The Phase II session also activates hidden strengths and talents to give the receiver self-direction when moving forward in their lives.

Phase III

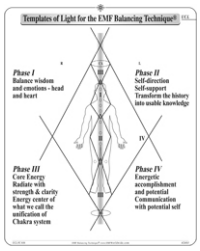


FLIP CHART
#16 Templates of Light

8. **EXPLAIN:**

- There are two templates for this session.
- The first template begins at the knees, expands at the feet and meets at the Center Below. This template connects us more deeply with the energy of the earth.
- The second template begins at the crown, expands at the opening to the Center Above and meets within the Center Above. This template creates a stronger connection with our higher wisdom.
- The Core Energy is the energy of the unification of the chakra system.
- The intent for the Phase III session is to radiate Core Energy with strength and clarity.

Phase IV



FLIP CHART #16 Templates of Light

9. **EXPLAIN:**
   - The Phase IV template deepens our connection to higher consciousness.
   - It encompasses and activates all the other templates and is open-ended.
   - It expands the field, creating a space for the higher, more refined energies to be integrated into our being.
   - The ends are open so that this space is infinitely expandable - allowing us to continue to hold more and more of our higher energies.
   - This template provides a place on this level of existence to enable us to hold, express and make use of our higher energies.
   - It also deepens the communication with our potential self.
   - The intent for Phase IV is energetic accomplishment and potential.

10. **ASK** for questions and respond as needed.

TRANSITION to Unit 5

11. **MOVE** to the next section by **SAYING:**
    - Next, we'll talk about an energetic exercise and two energy symbols associated with the EMF Balancing Technique, and give you an opportunity to experience them.

EMF Balancing Technique®

Honoring Humanity

Unit 5

Alternating Sweep, Energy Symbols and Intro Session

Unit 5: Alternating Sweep, Energy Symbols and Intro Session

Time: 2 hours 30 minutes - 3 hours

1. **INTRODUCE** the unit:
    - In this next section we will introduce you to the Alternating Sweep energy exercise, the Activation Symbol and the One Minute One Step Rush symbol.
    - Then we'll close with the EMF Balancing Technique Intro Session and a special energy exercise.

Alternating Sweep

Alternating Sweep – Introduction

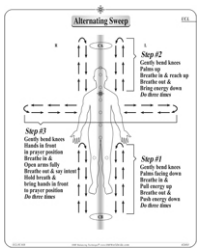
WORKBOOK UCL
Pg. 34
Alternating Sweep

2. **EXPLAIN** the first exercise:
    - Our first energy exercise is the Alternating Sweep, which is an exercise for energetic manifestation. You couple your intents or desires - which can be specific or general - with a sequence of Tai Chi like movements.
    - Using the principles of the energy anatomy, this exercise helps bring your desires/intents into reality.
    - This exercise releases energy from your high heart, amplifying it through your hands and onto the energy waves all around you and into the universe. When you release the energy, you also create a wave that allows it to return to you.

If students are interested in the scientific background for this, you can refer them to Chapter 6 in Elegant Empowerment by Peggy Phoenix Dubro and David Lapierre.

Alternating Sweep - Illustration

WORKBOOK
UCL
Pg. 34
Alternating Sweep



FLIP CHART #18
Alternating Sweep

1. **REFER** the class to the Alternating Sweep illustration on page 34 of their workbooks.
2. **SHOW** the movement of energy using the flip chart and **BRIEFLY EXPLAIN** each of the four Tai Chi like movements:
    - Before we do the Alternating Sweep as a group, I'll show each of the movements using the flip chart.
    - You can also follow these movements on the illustration in your workbook.
    - The first step begins by pulling the energy up from the earth; you inhale during this movement. Then while exhaling, the energy is pushed down. This step is performed three times.
    - For the second step, you inhale while reaching up to Universal Source to bring in the refined energies and exhale while pulling the refined energies down. This step is performed three times as well.
    - The third step is working with the horizontal fibers.
    - First, you hold your hands, close but not touching, in front of your high heart center.
    - Then, inhale while opening your arms until they are fully extended. Then with your arms open, you exhale, amplifying your intent or desire out to the universe for manifestation.
    - Your intent can be specific or not, and it can be very personal. It can be for people, places or things. If you're feeling ready, you can even give the intent for your soul's next step!
    - And finally, without inhaling, you bring your arms and hands back in front of your high heart center, close but not touching.

- At this point you firmly plant your request in the universal energy grid.
- You repeat this step three times, focusing on the same intent.
- Then you relax and breathe normally.

3. **TELL** the class:
   - Now, let's see how this feels in practice.

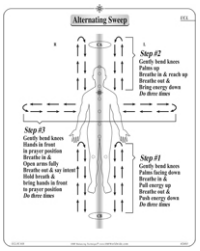
Alternating Sweep - Class Exercise

1. **INVITE** the class to stand around the room, allowing for at least an arm's length between each person.

2. **ASK** them to take a few moments and think about what they would like to give intent for.

3. **REMIND** the students that all these movements are Tai Chi like movements.

WORKBOOK
UCL
Pg. 34
Alternating Sweep



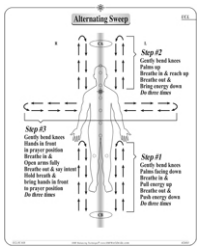
FLIP CHART #18
Alternating Sweep

4. **STANDING** in a place where you can be easily seen by the class, **BEGIN** and **LEAD** the class through the first step:

   <u>Step 1</u>:
   - Begin by slightly bending your knees, your palms facing the floor, arms extended.
   - Breathe in through your nose, pulling the energy up to about waist high.
   - Next, exhale through your mouth, as you push the energy down, returning your palms to the starting position.
   - Again, breathe in and pull the energy up to waist level and exhale as you push down.
   - One more time; inhale, pull the energy up and exhale as you push the energy down.

Take your time and make sure that all the students are pacing with you.

Remind the class that Step 1 is performed three times.



FLIP CHART #18
Alternating Sweep

Step 2:

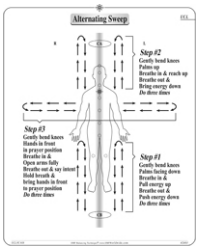
- At waist level, hold your palms up, inhale and reach up, palms facing inward, getting a full extension of your arms, pulling in the refined energies of your being.
- Exhale and pull the energy down, through your field, down to your heart level.
- Again, inhale and reach up, getting a full extension in the arms and exhale as you bring the arms down to your heart level.
- One more time; inhale and reach up, full extension and exhale as you bring the arms down to your heart level.

Remind the class that Step 2 is performed three times.

Step 3:

- Now, align your hands in the front of your high heart center in a prayer position, hands close together but not touching.
- Next, as you inhale, open your arms so that you get a full extension of the arms out to your sides. In this position you are very open.
- Now, breathe out fully, amplifying your intent out from your high heart, arms and hands into the universe.
- Feel, sense, imagine or think about the energy transmitting through the entire Cosmic Lattice.

Step 3 is performed three times.



FLIP CHART #18
Alternating Sweep

- Now, without breathing in, bring your hands back in and align them in front of your high heart center, in the prayer position, close but not touching.
- In this space you firmly plant the request in the universal energy grid.

pause for a couple of seconds

- Now breathe in, open your arms fully and again breathe out your intent from your high heart, arms and hands into the universe.
- Now, without breathing in, bring your hands back in and align them in front of your high heart center, in the prayer position, close but not touching.
- And again, in this space, you firmly plant the request in the universal energy grid.

pause for a couple of seconds

- Repeat one more time please. Breathe in, open your arms fully and breathe out your intent from your high heart, arms and hands into the universe.
- Now, without breathing in, bring your hands back in and align them in front of your high heart center, in the prayer position, close but not touching.
- Once again, in this space you firmly plant your request in the universal energy grid.

pause for a couple of seconds

- Relax and breathe normally.

Using your discretion, you may repeat this exercise a couple of times to ensure that the class is comfortable with the sequence and movements. You can have your class send blessings to the universe by performing the exercise and sending out blessings during Step 3.

5. **ASK** the class:
    - How does that feel?
6. **ALLOW** a few moments for feedback.
7. **ASK** the class to return to their seats.

Alternating Sweep - Summary

WORKBOOK
UCL
Pg. 15
Using Energetic Manifestation

8. **MAKE THE FOLLOWING POINTS** about the Alternating Sweep, which is an exercise for energetic manifestation:
    - While performing an Alternating Sweep, focus on only one intent for the whole exercise.
    - It can be used for just about any purpose. Please note that the energy in these grids will not work for manifesting when there is negative or manipulative intent.
    - Also, experience has shown that energetic manifestation works best when the intent is qualified with one of the following two statements:

      - *I ask that this intent manifest in a way that is best for all souls who may be affected by it.*

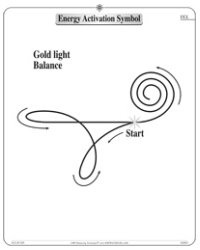
      - *I ask that this intent manifest in a way that is most desirable for (my) Soul's next step along the path of enlightenment.*

Mention that these statements can be found on Pg. 15 of the UCL workbook.

9. **TELL** the class their assignment for the next morning is to give a personal intent using the Alternating Sweep.

Energy Activation Symbol

Energy Activation Symbol - Introduction



FLIP CHART #19
Energy Activation Symbol

1. **INTRODUCE** the Energy Activation Symbol:
   - Next, we'll discuss the Energy Activation Symbol.
   - The Energy Activation Symbol is used when you want to amplify energy over a distance, for example to people, animals or water.
   - It uses golden energy and is traced in one complete movement. When using the Energy Activation Symbol, we are amplifying golden energy and the intent is for balance.

2. **EXPLAIN** that you will trace the Energy Activation Symbol pattern on the flip chart so the class can see the direction of movement. Then you will have the class draw the Energy Activation Symbol in their workbooks, and then in the air as a group.

3. **TRACE** and **DESCRIBE** the Energy Activation Symbol using the flip chart.

4. **TELL** the class that they will now have an opportunity to draw the Energy Activation Symbol using their workbooks.

WORKBOOK UCL
Pg. 16
Energy Activation Symbol

5. **REFER** to the UCL workbook, bottom of page 16 and **ASK** the students to draw the Energy Activation Symbol using one continuous movement, following the drawing illustrated on the completed flip chart.

6. **WAIT** a couple of minutes for the class to complete.

7. **CHECK** to see if any students need assistance drawing their symbols.

8. **ASK** if there are any questions and respond as needed.

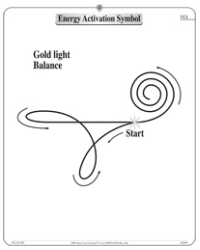
9. **EXPLAIN** that there are two ways to use the Energy Activation Symbol. The first way is to trace the symbol in the air and amplify the energy by placing your right hand on the symbol just traced.

10. **TELL** the class that they will practice drawing the Energy Activation Symbol in the air and then they will repeat tracing the symbol three times for the alignment.

Energy Activation Symbol - Class Exercise

As you lead the class in this alignment, have your back partially turned towards the class so they can be properly oriented when tracing the Energy Activation Symbol.

1. **TELL** the class to use their index finger to trace the pattern of the Energy Activation Symbol.



FLIP CHART #19
Energy Activation Symbol

2. **TELL** the class:
   - Please place your left hand palm up on your lap to receive energy.
   - Then with the index finger of your right hand, we will trace the pattern in the air.
   - After completing the tracing of the symbol, place your palm on the symbol and hold for a short time to amplify the energy.

3. **LEAD** the class through this sequence three times for this alignment:

   Demonstrate as you lead.

   - Let's trace the Energy Activation Symbol using golden energy: loop down, over to the left, over to the right and spiral in.
   - Now place your hand on symbol.

   pause 10 - 15 seconds and repeat two more times

4. **REFERENCE** the class to page 16 in the UCL workbook.

WORKBOOK UCL
Pg. 16
Energy Activation Symbol

5. **INTRODUCE** the second way to use the Energy Activation Symbol by **SAYING:**
    - The second way reinforces and strengthens the energy over a three day period.
    - To do this, take a 3 x 5 card; write the name of the person, place or event, the date and a brief description of the situation.
    - Then draw the symbol on the card.
    - Next, trace the symbol in the air one time and amplify.
    - Then, place the card in a location where it can remain visible for three days.
    - Once a day for three days, trace the symbol in the air one time and amplify.
    - The energy will be amplified by that person's inner wisdom to go where it is needed the most.

You may choose to Illustrate this on the flip chart.

Remind the class to hold the left palm up when they trace the symbol in the air.

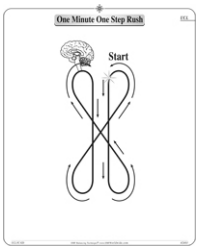
Energy Activation Symbol - Summary

6. **SAY:**
    - Today, we traced the Energy Activation Symbol three times, which was for the alignment.
    - When you are at home, you only need to trace the symbol one time and hold for a minute or so.
    - With the Energy Activation Symbol, you can amplify golden energy without the permission of the recipient because they will accept or reject it according to their inner wisdom.
    - The energy is self-regulating and self-directing.
    - The symbol is only fully potent for those that are taught by a trained EMF teacher.

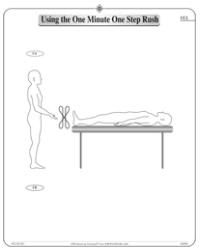
7. **ASK** for questions and respond as needed.

One Minute One Step Rush

One Minute One Step Rush - Introduction



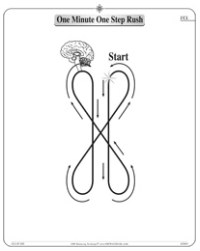
FLIP CHART #20
One Minute One Step Rush



FLIP CHART #21
Using One Minute One Step Rush

1. **INTRODUCE** the One Minute One Step Rush:
   - The One Minute One Step Rush is an energetic pattern that is used on yourself by simply tracing the symbol and placing your hands anywhere on your body where you would like to amplify golden energy.
   - It also can be used with someone who may be bedridden, just had surgery or a child in bed.
   - In these cases you amplify energy through their feet after tracing the energy pattern and the energy will flow for about 1 minute.
   - The One Minute One Step Rush can also be used to amplify energy to bodies of water, trees, plants and pets, etc.

This is not for placement of hands on another person. Its purpose is only to amplify energy to someone or something present.



FLIP CHART #20
One Minute One Step Rush

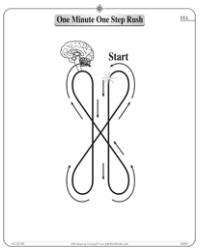
2. **TELL** the class:
   - The One Minute One Step Rush uses golden energy and is traced in one continuous movement.
   - Also, when using this symbol, we are amplifying energy for balance just as we did with the Energy Activation Symbol.
   - Tracing the pattern increases balance within the left and right hemispheres of the brain of the recipient and the giver.

3. **EXPLAIN:**
    - First, I'll trace over the symbol on the flip chart so you can see how to draw symbol.
    - Then I'll have you draw the One Minute One Step Rush symbol in your workbooks.
    - Then as a group, we'll draw it in the air.
4. **TRACE** over and **DESCRIBE** the One Minute One Step Rush symbol on the flip chart.

Use the flip chart and trace over the One Minute One Step Rush illustration.

One Minute One Step Rush - Class Exercise

WORKBOOK UCL
Pg. 17
One Minute One Step Rush



FLIP CHART #20
One Minute One Step Rush

1. **TELL** the class that they will now have an opportunity to draw the One Minute One Step Rush symbol in their workbooks.

2. **REFER** to the UCL workbook, bottom of page 17, and **SAY:**
   - Take a couple of minutes and draw the One Minute One Step Rush symbol following the instructions in your workbook and the illustration on the flip chart. Remember to use one continuous movement.

3. **WAIT** a couple of minutes for the class to complete.

4. **CHECK** students to see if they need any assistance with their drawings.

5. **ASK** if there are any questions and respond as needed.

6. **TELL** the class that you will now lead them while tracing the pattern. **REMIND** the class that they will be using both hands, moving in unison (not touching) and that they will repeat tracing the symbol three times for the alignment.

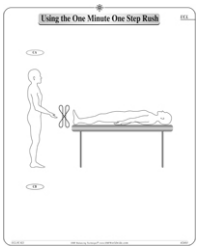
As you lead the class in this alignment, have your back partially turned towards the class so they can be properly oriented when tracing the One Minute One Step Rush symbol.

7. **LEAD** the class through this sequence three times for this alignment:
   - Let's trace the One Minute One Step Rush symbol using golden energy: down, loop up and to the right, loop to the left, down, loop to the left, loop to the right.
   - Now place your hands palms up and allow the energy to flow out of your hands through your fingertips.

   pause 10 - 15 seconds and repeat two more times

Demonstrate as you lead.

- Now place your hands anywhere on your body that you would like to amplify energy to.



FLIP CHART #21
Using One Minute One Step Rush

8. **REMIND** the class:
    - The One Minute One Step Rush is used to amplify golden energy. It is can also be used on oneself by placing your hands on your body where you would like to amplify energy.
    - The One Minute One Step Rush can also be used for children, people who are bedridden or to amplify energy to bodies of water, trees, plants and pets.
    - And also remember that you amplify the energy for about 1 minute.
    - This symbol is also only fully potent for those that are taught by a trained EMF teacher.
9. **ASK** for questions and respond as needed.
10. **THANK** the class for their participation.
11. **TELL** the class that they will have a 10 minute break and when they come back they will finish the day with the Intro Session and another exercise.

--- 10 minute break ---

During the break, find a student who will volunteer to be your receiver while you demonstrate a Intro Session for the class. Inform the volunteer what you will be asking them to do during the Intro Session so they will know what to expect.

As an alternative, you can use a trained practitioner if one is available as your volunteer, so that all students may observe the demonstration.

Also, set the room for the Intro Session exercise. You should have half the number of chairs as students. Make sure that there is enough room between the chairs for the students to perform all their movements comfortably. Make sure the chairs are facing in the same direction.

Introductory Energy Session

Introductory Energy Session - Introduction

FLIP CHART #22
Intro Session

WORKBOOK UCL
Pgs. 18-19
Intro Session

1. **WELCOME** the class back from the break and **INTRODUCE** the Introductory Energy Session:
    - Let's take a couple of minutes and talk about the Intro Session and the benefits for you as a giver as well as for your receivers.
    - Also, all the information that we will discuss for the Intro Session is in your workbook.
    - The energy pattern of the EMF Balancing Technique Intro Session is condensed so that it provides a general full body balance in 15 - 20 minutes. It can be used in situations where only a short length of time is available.
    - The session is also perfect as an introduction to the technique. It can also be used to help people overcome specific stresses or when emergency situations arise and balancing is needed, but there is no time for a full session.
    - And you can also give yourself a Intro Session by visualizing or imagining performing the movements on yourself!

Amplifying and Circling

2. **REVIEW** amplifying and circling.
    - There are two general guidelines for the session.
    - First, you amplify golden energy with your right hand, palm up.
    - Then, you gather the energy by moving your left hand, palm facing down, in a circular clockwise movement.

3. **SAY:**
    - Let's take a couple of minutes and practice these two hand positions.

4. **LEAD** the class through a practice of these two hand positions.

5. As you lead the class through the hand positions and movements **SAY:**

   - This clockwise movement creates a magnetic vortex. During this circular movement the fibers within the receiver's UCL that are ready for calibration respond.
   - After a few rotations you stop the circling, keep your right hand exactly where it is and lift your left hand straight up 24 inches (60 cm).
   - There is an energetic tension between your hands, so hold them as they are for a couple of seconds.

Disconnecting in Respect

WORKBOOK UCL
Pgs. 18-19
Intro Session

6. **SAY:**

   - The next movement is called the disconnect.
   - Please follow along with me as I demonstrate this movement.
   - Keeping you left hand exactly where it is, you reach up to meet your left hand with your right hand and you perform the disconnect. We know we are all connected, so we say, "disconnect in respect" to honor the unique resonance of each individual and the connection we all have. This is a beautiful paradox.
   - You always disconnect by placing the bottom edge of your palms together, and then moving your palms across each other in a palm sweeps palm movement followed by a fingertips sweeps fingertips movement.
   - Performing the movements in as precise manner as you can will ensure optimal calibration for your receiver.
   - Let's take a couple of minutes and practice these movements together.

Pace yourself so that the class is able to follow your lead.

7. **LEAD** the class through a couple of practice movements of amplifying, circling, gathering and disconnecting.

8. **SAY:**

- When you perform this movement, the whole lattice responds as it is stretched, at it will release and reorganize energetically.
- You are working with a whole system, so the energy can respond anywhere in the field.
- Excess energy is released and it recycles back through the lattice into the next healthy pattern of balance.
- Performing the disconnect movement as precisely as you can will ensure that you have a clear disconnect with your receiver, and that there are no energy exchanges between you.

Self-Regulating and Self-Directing Energy

WORKBOOK UCL
Pgs. 18-19
Intro Session

9. **POINT OUT** to the class:

- While the receiver may choose to focus on a specific issue, givers of this technique are facilitators who focus on balance during the session, rather than on any specific issue.
- The energy is self-directing and self-regulating, so it is the receiver's inner wisdom that directs the energy according to their highest good.
- Givers use universal energy, not their own personal energy, so they also receive the benefits of the session as they perform it.

Following the Set Pattern

10. **POINT OUT:**

- It is important to understand that the Intro Session follows a set pattern.
- This set sequence has been developed by Peggy Phoenix Dubro to ensure optimal calibration for the receiver.
- When you give this session after the workshop, please always follow the set pattern all the way through, so that your receiver receives the full benefits of the session.

11. **SAY:**

- Today, your energy has calibrated according to your inner wisdom through the exercises that you have completed, such as the Spiral Sweep. This will continue throughout the rest of the day.
- This energetic resonance is a natural process that occurs with the EMF Balancing Technique training. Remember your resonance is always calibrating to your next level of balance and well-being.
- You are now ready to experience the energy of your first Intro Session.
- First I will demonstrate the Intro Session, and then you will partner up with another person and practice with each other.
- I will guide you through each step so there is no need to memorize what I demonstrate.

Intro Session - Demonstration and Class Exercise

WORKBOOK UCL
Pgs. 20-30

You will be doing two rounds of the Intro Session.
Tell the class that every movement that you describe during the Intro Session is in the UCL workbook on pages 20 - 30. Have them open their workbooks and follow along with you as you demonstrate.

1. **INVITE** the volunteer to the front of the room and have them sit in a chair facing the class.

2. **BEGIN** by **DEMONSTRATING** an Intro Session for the class.

3. **PROVIDE** verbal descriptions along with the say alouds so the class understands the purpose of each movement.

4. When you have finished demonstrating the Intro Session, **ASK** for questions and respond as needed.

5. **INVITE** the class to choose a partner and a chair by **SAYING:**

   - We are now going to do the Intro Session. Everyone stand and choose a partner and a chair.

If there is an extra person, they will be your partner.

FLIP CHART #22
Intro Session

6. After everyone has chosen a partner and a chair, **PROVIDE** directions for the role of receiver and giver :

   - Now, decide who will be the receiver of the first session. That person is the receiver.
   - Those of you who are the receiver, the ones receiving the session, please sit in the chair comfortably with your spine straight. Place your feet apart and flat on the floor, and rest your hands on your lap with the palms facing up.
   - Those who are giving the session stand, stand and face your receiver. You are the giver.

Remind students that they are using golden energy.

STEP 1: ENERGETIC BODY PREPARATION

Demonstrating the Energy

1. **BEGIN** with the first step of the Intro Session - the Energetic Body Preparation:

   - Givers, take a deep breath, and relax. Ask your receiver to lift their hands, palms facing up, about 12 inches (30 cm) off their lap. Hold your hands palms down over the receiver's palms. Without touching, gently move your hands up and down.

WORKBOOK UCL
Pgs. 20-21
Energetic Body Prep

2. As the class performs this movement **EXPLAIN:**
    - This movement allows your receiver to feel their own energy. They may start to feel some pressure, heat or tingling. They may also feel something that's almost like static cling.
    - It is important to understand that even though you may not feel the energy, it is still responding, so relax and enjoy!
    - We are working with the sympathetic nervous system and sometimes the energy takes a little longer to respond, depending on your sensitivity.
    - If your receiver doesn't feel anything, you can pull your hands towards you, away from your receiver's fingertips. This may spark a sensation.
    - For those who are sensitive to the energy, this movement will quite often deepen the sensation and effect for your receiver.

Demonstrating the movements while you describe them to your class will help students understand what you are asking them to do.

3. **ALLOW** a few minutes for givers and receivers to experience the energy.

The Honoring

4. **GUIDE** the givers through the Honoring by **SAYING:**
    - Receivers, please relax your arms.
    - Givers, relax your arms, take a step back, look at your receiver and say the Honoring by repeating after me:

      From the Infinite Potential within me, to the Infinite Potential within you, and in honor of each of our unique beliefs, let us begin.

Pace yourself so the class can comfortably follow you.

Phoenix Factor
The spirit of the session is to honor one another. Just as we experience a sense of energy when someone likes us, there is a sense of energy when someone honors us!

The Feet – Amplify Energetic Awareness

5. **ASK** the givers to amplify energy toward the receiver's feet:
    - Givers take a step back and extend your arms with palms up, and point your hands and fingers towards the receiver's feet.
    - Now, amplify energy towards the feet. Simply allow it to flow by holding this posture for a couple of minutes.

      Feel, sense, imagine, or think about the energy of wholeness and grounding within your feet.

6. **ALLOW** a couple of minutes for givers and receivers to experience the flow of energy.

7. **TELL** givers to ask their receivers for feedback by **SAYING:**
    - Givers, ask your receiver if they are having any sensations in their feet, such as a heavy or tingly feeling.

8. **ALLOW** a few minutes for givers to receive feedback from their receivers.

9. **INFORM** the class of the intent of amplifying energy towards the feet by **SAYING:**
    - The intent as you are amplifying energy towards the feet is to stabilize the energy and encourage a strong connection with the earth.
    - Also, as you begin to work with the fibers of the UCL, a response may come from anywhere within your receiver's body. Amplifying energy towards the feet helps your receiver to feel secure and well grounded.

10. **SAY:**
    - This now completes the Energetic Body Prep.

STEP 2: CLEARING AND BALANCING THE HEART CENTER

Clearing the Back Heart Center

WORKBOOK UCL Pgs. 22-25 Clearing and Balancing the Heart Center

1. **INTRODUCE** Step 2:

   - Now we will begin with Step 2 - Clearing and Balancing the Heart Center. Givers, please step to your right and stand by your receiver's left shoulder.

   SAY to receivers: *This part of the energy session is called clearing. Let us give the intent to accelerate the evolution of clarity within your being.*

   - For the clearing, you will work through the back heart center first, which is located on the upper back between the shoulder blades. With your right arm extended comfortably, turn your right palm upward and amplify golden energy with your fingertips toward the back heart center, keeping a distance of 2 - 4 inches (5-10 cm).

   Depending on the needs of the receiver this movement can be done 3-9 times.

   - With your left hand, you are going to gather energy from the top of the receiver's head, using a clockwise circular movement.
   - Place your left palm facing down, fingertips horizontal and hold it about 2 - 4 inches (5 - 10 cm) above the receiver's head. When your right hand is in position, the golden energy in the receiver's heart center at the back is amplified. At the same time, begin to circle clockwise with your left hand, palm remaining flat. Circle clockwise with a diameter of 4-6 inches (10-15 cm).
   - After several rotations or when you feel the energy respond, then stop.

   Inform the class that all movements should be graceful and gently paced.

   - This is called gathering energy.
   - Now, move your left hand straight up 24 inches (60 cm) from the top of the head by raising your arm slowly.
   - Hold the energetic tension for a few seconds and without moving your left hand, reach all the way up with your right hand to your left hand and disconnect with a palm sweeps palm fingertips sweeps fingertips movement.
   - Repeat this movement two more times.
   - And remember to breathe.

2. **OBSERVE** the class while they complete the final two, movements helping students make any adjustments needed in their technique.

3. **ALLOW** enough time for everybody in the class to complete this movement before moving forward.

4. **ASK** givers to move to the right shoulder of their receiver by **SAYING:**

    - Givers, now move to the right shoulder by walking behind your receiver.

Clearing the Front Heart Center

5. **TELL** students:

    - Now, we will begin clearing the front heart center, which is located in the center of the chest.

    SAY to receivers: *This continues the part of the energy session called clearing. Let us again give the intent to accelerate the evolution of clarity within your being.*

    - Turn your right palm upward and amplify golden energy into the front heart center.
    - Place your left palm facing down, fingertips horizontal and hold it about 2 - 4 inches (5 - 10 cm) above the receiver's head. Begin circling with a diameter of 4 - 6 inches (10 - 15 cm) in a clockwise motion.
    - After several rotations or when you feel the energy respond, then stop.
    - Now, move your left hand straight up 24 inches (60 cm) from the top of the head by raising your arm slowly.
    - Hold the energetic tension for a few seconds and without moving your left hand, reach all the way up with your right hand to your left hand and disconnect with a palm sweeps palm fingertips sweeps fingertips movement.

Reminder: The distance for both hands is about 2-4 inches (5-10 cm) from the receiver's body.

Depending on the needs of the receiver, this movement can be done 3-9 times.

Phoenix Factor
The purpose of the disconnect movement is to completely disconnect from the fibers of the receiver's Universal Calibration Lattice. We know we are all connected, so we say "disconnect in respect" to honor the unique resonance of each individual and the connection we all have. This is a beautiful paradox!

6. **TELL** the class to complete this movement two more times.

7. **ALLOW** enough time for everybody in the class to complete this movement before moving forward.

Balancing the Heart Center - Front and Back

8. **TELL** students:
    - Now that we have cleared the front and back of the heart center, we will now balance this center.
    - Say to your receiver:

      May I have permission to place my hands on your high heart center in the front and in the back of your body?
    - Continue to stand where you are, which is at the right shoulder of your receiver, and place your left palm on the back high heart center and your right palm on the front high heart center.
    - Hold and allow the energy to flow between this connection for 1 - 2 minutes.
    - Say to your receiver:

      This is universal energy, defined in this moment as an honoring and nurturing energy ... You may receive as much as you choose.
    - The energy will feel hot, warm, cold or cool, depending on what your receiver needs.

9. **EXPLAIN** to the class that the energy body will hear them. If it has been shy about receiving the energy, they will notice an increase in the flow after they talk directly to the energy body.

10. **ASK** givers to slowly remove their hands from their receiver.

11. **ALLOW** enough time for everybody in the class to complete this movement before moving forward.

Tell students that they have the option of holding their right hand 1-2 inches in front of their receiver's high heart center.

STEP 3: CLEARING AND BALANCING THE BACK AREA

Back Discharge - Left Side

WORKBOOK UCL Pgs. 26-28 Clearing and Balancing the Back Area

1. **INTRODUCE** Step 3:
   - Step 3 is our next step, which is to clear and balance the back area.

It is important that everyone is facing the same direction.

2. **DIRECT** the receivers to position themselves properly for the clearing and balancing of the back:
   - Receivers, please turn to your left.

3. **TELL** givers to position themselves properly for the clearing and balancing of the back:
   - Givers stand by your receiver's right shoulder, facing your receiver's back.
   - Bend your knees slightly.
   - Say to your receiver:

     May I have permission to place my hands on your back? In this part of the session we give the intent to discharge the energy of frustration and to further encourage the energetic posture of self support.

Remind the givers to use slow and graceful movements.

   - Place your right hand on the back heart center.
   - Place your left hand on your receiver's left side, mid-back just above their waist.
   - Hold this position for a few seconds, allowing the fibers to respond.
   - Slowly move your left hand straight back in a horizontal line from your receiver, approximately 24 inches (60 cm).
   - Hold for a few seconds, allowing the energetic tension build.
   - Now, without moving your left hand, reach all the way back with your right hand to your left hand and disconnect with a palm sweeps palm fingertips sweeps fingertips movement.

4. **GUIDE** givers through the same movement two more times by **SAYING:**

   - Again givers, your right hand is on your receiver's back heart center.
   - Your left hand is on the left side of your receiver's mid-back just above their waist area.
   - Hold this position for a few seconds, allowing the fibers to respond.
   - Slowly move your left hand straight back in a horizontal line from your receiver, approximately 24 inches (60 cm).
   - Hold for a few seconds, allowing the energetic tension build.
   - Now, without moving your left hand, reach all the way back with your right hand and disconnect with a palm sweeps palm fingertips sweeps fingertips movement.
   - Repeat one more time please.
   - After you complete your movement, replace your right hand on your receiver's back heart center.

5. **ALLOW** a couple of minutes for the class to complete the last movement.

Depending on the needs of the receiver, this movement can be done 3-9 times.

Back Discharge - Right Side

6. **TELL** the class that they will now clear the opposite side of their receiver's back:

   - Next, we clear the right side of your receiver's back. Remain where you are and put your left hand on the right side of your receiver's mid-back, just above their waist area.
   - Hold this position for a few seconds, allowing the fibers to respond.
   - Slowly move your left hand straight back in a horizontal line from your receiver, approximately 24 inches (60 cm).
   - Hold for a few seconds, allowing the energetic tension to build.
   - Now, without moving your left hand, reach all the way back with your right hand and disconnect with a palm sweeps palm fingertips sweeps fingertips movement.
   - Repeat two more times please.

Depending on the needs of the receiver, this movement can be done 3-9 times.

The Spine – Amplify Energetic Awareness

7. **SAY:**

- Givers, walk behind your receiver and stand behind their left shoulder. Now we are going to amplify energy up through the spine.
- Bend your knees slightly.
- With your right palm facing up and fingers together, use your fingertips to point towards the base of the spine, 2 - 4 inches (5 - 10 cm) from the body.
- Without moving your right hand, face your left palm to the base of your receiver's spine, keeping a distance of 2 - 4 inches (5 - 10 cm) from their spine. Do not touch the receiver with either hand.
- Through the fingers of your right hand, amplify golden energy to the base of the receiver's spine.
- Keeping your right hand stationary, gently and smoothly move your left palm slowly upwards, following the spine all the way to the top of your receiver's head. Finish with a gentle wave over the top of their head and off the front of their head in the area of the third eye.
- This smoothes the energy and balances the back.
- Repeat this two more times please.

Remind givers to use slow and graceful movements.

Tell givers that when seeing receivers, this movement is performed 3-9 times.

8. As givers complete the last two movements **SAY:**

- Givers, there is a say aloud that is stated one time during this movement.
- Please repeat after me:

  Let us give the intent to strengthen your spiritual backbone and your spiritual resolve. May you be a shining example of greatness in your everyday life.

STEP 4: CLOSING

High Heart Alignment and Closing Statement

9. **TELL** students they will now complete Step 4, which is the Closing and the last step in the Intro Session.

WORKBOOK UCL
Pgs. 29-30
Closing

10. **TELL** the class:
    - The next movement is the high heart alignment.
    - Please say to your receiver:

      May I have your permission to place my hands on your high heart center in the front and in the back of your body?
    - Now, place your right hand on your receiver's high heart center in the back, and your left hand on their high heart center in the front.
    - Hold this position for 30 - 60 seconds, allowing the alignment of the high heart center.

Remind givers that they have the option of placing their left hand above the high heart center in the front.

11. **SAY:**
    - Givers, please repeat after me:

      Relax and breathe deeply. This is a pure place of centeredness and peace, and it is always here.

    pause a few seconds
    - Givers, please say to your receiver:

      With your permission I will now place my left hand on the back of your neck.

12. **SAY:**

    - Keep your right hand on your receiver's back high heart center.
    - Place your left hand on the back of your receiver's neck.
    - Please say your receiver's name aloud.
    - Repeat after me:

      (Say Receiver's name) Be aware of your light and energy as you radiate front, sides, back, top and bottom of your being. The work that has been done strengthens your lattice and deepens your connection with the energy of the earth. Your body's wisdom will amplify and direct this energy exactly where you need it for your highest good.

    - Finish by saying:

      I honor you and the Infinite Potential within you. And so it is.

Tell students that in this final say aloud we amplify and direct the energy.

13. **PROVIDE** a few minutes for the receivers to give feedback to the givers and a short break if needed.

14. **ASK** for questions and respond as needed.

After receivers have given feedback to the givers and have had a short break, ask the class to switch roles. Begin on page 123 step 1, and finish at step 14 above.

TRANSITION to Intro Session Summary

15. **MOVE** to Intro Session summary:

    - We will now summarize the Intro Session.

Intro Session - Summary

1. **SUMMARIZE** the Intro Session with the following points:
    - Just a couple of points to summarize the Intro Session:
    - The Intro Session is a supportive and strong balancing tool that can be used at any point in a receiver's use of the four phases of the EMF Balancing Technique.
    - An effective use of the Intro Session is introducing prospective receivers to the EMF Balancing Technique.
    - Not everyone is as convinced as we are that the energy is real and that you can enhance well-being through a process of energy balancing.
    - Therefore, givers can use the Intro Session as a way to encourage newcomers to try a full session.

- Also, if you are a teacher, an Intro Session can be used as a demonstration of the EMF Balancing Technique in presentations.
- The advantage of using the Intro Session within a presentation is the demonstration of the energy as well as giving participants something "to take away with them." The hope is that they will enjoy the benefit of the technique and will want to learn more about the EMF Balancing Technique by making an appointment for a full session. If you were a teacher, this could also spark an interest to take the training from you.
- Therefore, mastering the Intro Session has many advantages for both givers and teachers.
- So, after today's workshop you'll be able to effectively perform the Intro Session, using your workbook as a guide. However, only an EMF teacher has received the resonance necessary to teach the Intro Session to others.
- EMF teachers receive specialized training so that you receive the necessary alignment to perform the Intro Session as you follow the pattern that you have just learned.

Some students may ask whether or not the Intro Session can be learned from The Lattice DVD - Reframing your Reality. Anyone can learn the Intro Session in this way. However, the full alignment to the Intro Session pattern only occurs when taught in-person by an EMF Balancing Technique teacher.

TRANSITION to Amplifying Energy With Your Eyes

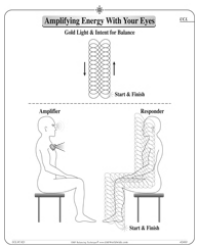
2. **ASK** for questions and respond as needed.
3. **MOVE** to the next section by telling the class that they will do one last energy exercise which involves amplifying energy with their eyes.

Amplifying Energy With Your Eyes Exercise

Time: 15 minutes

You will need a chair for each student in the class. The chairs are then paired off, facing each other and organized into a straight line.

Amplifying Energy With Your Eyes Exercise - Introduction



FLIP CHART #23 Amplifying Energy With Your Eyes

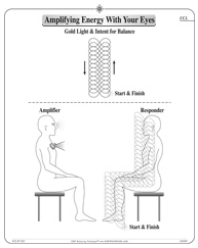
1. **INTRODUCE** the last exercise of the day:
   - The last exercise we'll do for today will be a demonstration of a principle in the new energy dynamics.
   - The principle is that we have greater power and therefore greater responsibility. Even the way we look at another person matters.
   - This is a demonstration of the human to human resonance tuning effect.

2. **ASK** the students to find a partner for this exercise and select a pair of chairs that you have set up.

3. **DESIGNATE** one side to be amplifiers and the other side to be responders.

4. **ASK** everyone in the chairs to sit with their feet flat on the floor.

5. **TELL** the class that using the flip chart, you will explain the exercise so both the amplifiers and responders will understand what they will be doing.



FLIP CHART #23 Amplifying Energy With Your Eyes

6. **EXPLAIN:**
   - First, I will ask that everybody sit comfortably in your chairs with your feet flat on the floor.
   - During the exercise, responders, you will have your eyes closed.
   - Amplifiers, you will begin at the toes of the responder's left foot, and you will trace with your eyes, a horizontal golden figure eight from their left foot to their right foot and then back to their left foot.
   - You will continue to trace this figure eight pattern all the way to the top of the responder's head and then back down again.
   - When you have finished, amplifiers and responders will share feedback with each other.

Refer to the flip chart as you describe this exercise.

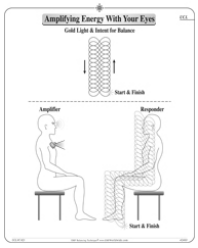
7. **ASK** for questions and respond appropriately.

8. **ASK** both amplifiers and responders to sit comfortably in their chairs with their feet flat on the floor.

9. **PROVIDE** directions by **SAYING:**

   - Responders, close your eyes. Amplifiers, as a reminder the intent is for balance and we are using golden energy.

Amplifying Energy With Your Eyes - Class Exercise



FLIP CHART #23 Amplifying Energy With Your Eyes

10. **PROVIDE** directions to the amplifiers by **SAYING:**

    - Amplifiers, open your hearts and minds to the flow of golden energy.
    - Imagine or feel the warmth of the golden energy as it fills your hearts and minds.
    - Allow the golden energy from your hearts and minds to be amplified by your eyes.
    - Looking at the feet of the person opposite you, begin at the toes of the responder's left foot and trace with your eyes a horizontal golden figure eight, from their left foot to their right foot and back to their left foot.
    - Continue to trace this figure eight pattern through your partner's field to the top of their head and then back down to their feet.
    - Notice how the energy may speed up or slow down.
    - Also, please hold the intent for balance throughout this exercise.

11. **AFTER** 2 minutes **ASK** amplifiers to complete their movements.

12. **ASK** amplifiers and responders to provide feedback to each other. **ALLOW** 3 minutes for feedback.

13. **ASK** students to switch roles.

14. **REMIND** responders to keep their feet flat on the floor and to close their eyes.

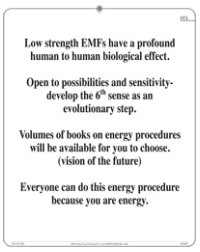
At this time, please read the directions in step 10 on page 140 to the amplifiers. After completing, please continue with step 15 below.

15. **AFTER** 2 minutes **ASK** amplifiers to complete their movements.

16. **ASK** amplifiers and responders to provide feedback to each other. **ALLOW** 3 minutes for feedback.

17. **SUMMARIZE:**
    - This is a great exercise to repeat from time to time, with a partner. It can also serve to increase your ability to sense energy.
    - Today we have demonstrated that we are capable of amplifying energy with our eyes.
    - Who remembers the "mother's look"? - a good example of amplifying energy with the eyes!
    - So we have some things to consider here as we gain more of our power. What is the responsibility we have when we look at others? What else is there to learn about the nature of our energy and the power contained within it?
    - We invite you to learn more!
18. **ASK** for questions and respond as needed.
19. **TELL** the class they can return to their original seats.

Day Summary



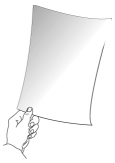
FLIP CHART
#24 LOVE Acronym

1. **SUMMARIZE** using the LOVE acronym and the flip chart to write and explain the following:
   - **L**ow strength EMFs have a profound human to human biological effect.
   - **O**pening up to increasing your possibilities and sensitivity; developing your 6th sense as a evolutionary step.
   - **V**olumes of books on energy procedures will be available for you to choose (vision of the future).
   - **E**veryone can do this energy procedure because you are energy.
   - And as you can see the unifying thread that ties this all together is **L O V E** .

Remind students that the book Elegant Empowerment provides the scientific support for the EMF Balancing Technique.

2. **OVERVIEW** the next day:
   - For those of you who will be joining us for the student training we will begin *(date and time)*.
   - When we meet for the student training we'll begin with Phase I of the EMF Balancing Technique in which we'll talk more about the Universal Calibration Lattice and the intent of Phase I, which is to balance wisdom and emotions.
   - The first Phase I session will be given in the morning so I would gently suggest that you bring a mid morning snack.

You'll need to fill in the date and time depending on your training schedule.



HANDOUT
UCL Registration Form

3. **THANK** the class for their participation and be sure to have them fill out the UCL Registration Form and hand in to you before they leave.

4. **END** the training.

EMF Balancing Technique®

Honoring Humanity

Teacher Support

Teacher Support

A. Opening Circle Exercise

Purpose

The Opening Circle exercise has a dual purpose. First, it is designed as a way for people to become acquainted with each other at the beginning of the first class. Also, it allows people to experience another's energy as well as their own. For those that have not had this experience previously, it is an excellent experiential introduction into the rest of the program.

Conducting the Exercise

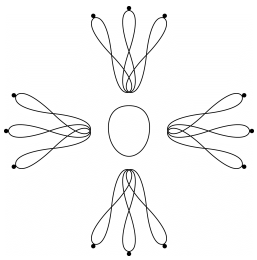
The Opening Circle exercise is an experience that requires a standing circle. It is a good idea to have an open space with enough room for all students to stand comfortably about 12 - 18 inches (30 - 45 cm) apart.

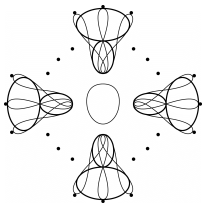
It is important that you explain what you expect your students to do. Tell them that these are Tai Chi type movements and are intended to be graceful. Demonstrate the movements first, while verbally explaining what you are doing. Invite the class to follow along with you if they choose. Also, remind them that the movements performed are smooth and continuous. Look around as you demonstrate for any signs that students may be struggling so you may provide guidance.

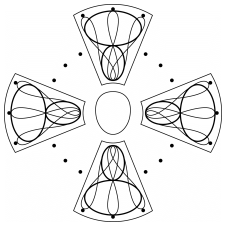
Next, introduce the colors, letting your students know that they will repeat the same movements for all eight colors: red, orange, yellow, green, pink, blue, indigo and gold. As you move through the exercise, take your time. Many students may not have had the opportunity to work in groups before or take part in group exercises. You may find some people feel uncomfortable trying new things. Provide verbal reinforcements such as "well done" or "everybody looks good". This helps people feel more at ease and sets a positive and uplifting tone for future interactions. After completing the exercise, take a few moments and ask if there are any questions and respond as needed.

B. Informational Fibers of UCL

The flip chart illustration shows the top view of the head representing the 12 long, vertical informational fibers that surround the body. This helps students visualize the 12 fibers. For a more detailed explanation, please see pages 68, 80 and 81 in Elegant Empowerment.







Notes

C. Needle Exercise

Purpose

The needle exercise is an optional exercise that is conducted before the Spiral Sweep. It is an excellent demonstration of how the energy is transmitted through the sympathetic nervous system via commands from the mind to the needle. This exercise also has two purposes. The first is to demonstrate the simple physical phenomenon of mental energy at work. The second confirms to your students the power of intent.

Preparation

You will need one sewing needle and a thread approximately 5 inches (12 cm) in length for every student that you have in class. Have a few extras on hand. Thread each needle and tie a knot at the end opposite the needle. Place in a pin cushion or other appropriate container.

Conducting the exercise

1. **INTRODUCE** the needle exercise by telling students that this exercise will serve two purposes. First, it will demonstrate the simple physical phenomenon of mental energy at work and secondly, it confirms that mental intention can move energy to specific places.

2. **BEGIN** by giving each student a threaded needle.

3. **ASK** your students to hold the knotted end with one hand and suspend the point of the needle over the middle of the palm of their opposite hand.

4. **TELL** students to concentrate their thoughts and feel, sense, imagine or think about the needle moving in a circle.

5. **CHECK** with the students to see how they are doing with the movement of their needles.

6. **TELL** the class that the needle's movement demonstrates that intentions or thoughts are energy and that we can amplify them.

7. **TELL** the class to think of the word "STOP" and then tell them to say "STOP!" with a commanding voice.

   Note: Most of the needles will stop or at least slow down. This will generate reactions and comments. This is an exciting step for many students because this is a tangible example of energy which previously had been abstract.

8. **REMIND** the class again that their thoughts are energy and their intention can amplify this energy.

9. **TELL** the class that they will now make the needle swing back and forth across their palms.

10. **TELL** the class to concentrate and feel, sense, imagine or think about the needle swinging back and forth across their palm.

11. **CHECK** with the students to see how they are doing with the movement of their needles.

12. As the needles begin to move back and forth across students' palms, **EXPLAIN** once again that the movement they are experiencing is a demonstration of how intentions or thoughts are energy and that they are able to amplify them.

13. **TELL** the class to think of the word "STOP" and then tell them to say "STOP!" with a commanding voice.

14. Finish the exercise by **EXPLAINING** that Deepak Chopra did this same demonstration on the Oprah Winfrey television show, impressing Oprah Winfrey. He also wrote about this same experience in his best-selling book Ageless Body Timeless Mind.

D. Radiating Core Energy Exercise

This exercise takes about 3 minutes and it provides a good experience to help students feel their Core Energy. It is important to point out to students that holding their Core Energy is important for the continuation of stability and balance. If a time comes that poses a challenge to a person's stability and balance, this exercise is an excellent tool to use. Students remain in their seats as you guide them through the exercise.

E. Slide Presentations - MS PowerPoint

Equipment

- If you are going to use MS PowerPoint to represent flip chart and other information, remember to have all your equipment (screen, projector, and computer) tested and working properly before the class begins, preferably the night before.
- Have backup flip charts or transparencies in the event of unexpected technical difficulties. Also check to see that the resolution and lighting is compatible for an on-screen presentation. Make sure your audience can visually adapt to what you are projecting.
- Cover all wires adequately to prevent tripping accidents.

F. Overhead Projector

- Make sure that your projector is working and you have extra light bulbs in the event of a bulb burnout. Position the projector so the students view path to the screen is clear.
- Have a flip chart prepared for back up in the event of technical difficulties.
- Make sure all wires are adequately covered to prevent tripping accidents.
- Be aware of your body position when presenting so that your students always have a clear view of the screen. And be sure to talk to your students and not the projector or screen.
- When you are finished presenting the slide/s for a particular section, remember to turn the overhead projector off.

G. Overhead Slides - Transparencies

Overhead slides, also known as transparencies, can be easily created or scanned on a computer. They provide another visual learning tool and can be very effective when illustrating key points, diagrams etc. Also, it is a nice alternative to computer based presentations when they are not available.

H. Alex Grey Slides

Alex Grey's work provides an excellent visual reference when you are describing what the energy patterns look like. If you haven't already, it may be useful to purchase a copy of Sacred Mirrors. You can use the book itself as a reference or make overhead slides to use as an illustrative reference as long as the following guidelines are respected:

- The artist and the book Sacred Mirrors should be credited when the work is used.
- The slides should be of the highest quality possible.
- Permission to use artwork in slide form does not imply use in any other manner including printed handouts, use on a brochure or other promotion, use on any products, on a website, in any media, electronic or otherwise, or in any other use. Further use of the images would require negotiation and would involve a fee.

I. Flip Chart

- You will have one flip chart prepared by EEI (see pg. 155-179) that you receive in PDF* and PowerPoint files format, and one flip chart prepared by you, which you can use for illustrations, displaying the day's schedule, writing directions for exercises and other important information.

  *The PDF files format are also suitable for full size printing of 27 x 34 inch.
- When writing on the flip chart remember to write large, legibly and keep the information or illustrations limited. Use more than one page if you need. Crowding on a flip chart is very hard for students to see.
- Use dark colors when writing words and illustrating. Lighter colors and pastels are very difficult to see from a distance.
- When writing on a flip chart, always keep your front partially turned toward the audience. Turning your back is not good etiquette and makes it difficult for students to see what you are writing. Also, make sure you are talking to your students and not toward the flip chart when you are diagramming or writing.

J. Displaying Wall Charts and Flip Charts

- It is a good idea to display important flip chart information so that it can be easily accessed during your workshop and throughout the day. For example, displaying the schedule is a good reference point for your students and one to which you can refer, to show where you are in the day's program. Adult learners like to know where they are and where they are going when they are in a workshop.
- Displaying key learning points, charts and illustrations on walls enriches the learning environment and reinforces what you are teaching. Students will look at

them during breaks and other leisure times. It also provides a point of reference for the teacher throughout the training.

K. Amplifying Energy With Your Eyes Exercise

This exercise requires that each pair of students sit across from each other at a distance of approximately 3 feet (1 meter). Make sure that you have enough chairs and room for this exercise. Use the flip chart and show the example of the two figures sitting across from each other and the figure eight energy patterns as you provide your explanation. This visual will help students understand what they will be doing with their eyes.

Teacher Flip Chart

EMF Balancing Technique®

Honoring Humanity!

Universal Calibration Lattice® Workshop

Technique developed by:
Peggy Phoenix Dubro

This **Flip Chart** is to be used only by Supervisory Teachers of the
EMF Balancing Technique®

The Energy Extension, Inc. • P.O. Box 4357 Sedona AZ 86340 USA
• Tel: 1-928-284-3703 • Fax: 1-928-284-3704 • email: Shana@EMFWorldwide.com • website: www.EMFWorldwide.com

Table of Contents

Universal Calibration Lattice® Workshop (UCL)
Teacher Flip Chart (FC)

Technique developed by:
Peggy Phoenix Dubro

© Copyright Notice 2003
All rights are reserved. This document may not be reproduced, all or part, transmitted, manipulated or utilized in any form without written permission from Peggy Phoenix Dubro, originator of *The EMF Balancing Technique®* and Stephen Dubro, President of The Energy Extension, Inc.

Any opinions, philosophies or ideas not expressly written in the authorised teaching materials are those of *The EMF Balancing Technique®* Teacher, and do not constitute an endorsement by Stephen or Peggy Phoenix Dubro or by The Energy Extension, Inc.

The team
This Flip Chart is a joint effort, as follows.

Author:
Peggy Phoenix Dubro

Editors:
Stephen Dubro
Michael Bennett
Lina Esposito
ELan Dubro-Cohen

Design & Illustrations:
ELan Dubro-Cohen

UCL FC #1 - Table of Contents
UCL FC #2 - Symbols & Illustration Index
UCL FC #3 - UCL 3D - Front, Back, Right & Left Fibers
UCL FC #4 - UCL 3D - Front & Back Fibers
UCL FC #5 - UCL - Lattice Overview (1)
UCL FC #6 - UCL - Lattice Overview (2)
UCL FC #7 - UCL - Lattice Overview (3)
UCL FC #8 - UCL - Back Fibers
UCL FC #9 - UCL - Core
UCL FC #10 - UCL - Front Fibers
UCL FC #11 - UCL
UCL FC #12 - Spiral Sweep Information
UCL FC #13 - Endocrine System & Chakra System Comparison
UCL FC #14 - The Inner Brain
UCL FC #15 - The 12 Steps of the Spiral Sweep
UCL FC #16 - Templates of Light for the EMF Balancing Technique®
UCL FC #17 - 3D Templates of Light for the EMF Balancing Technique®
UCL FC #18 - Alternating Sweep
UCL FC #19 - Energy Activation Symbol
UCL FC #20 - One Minute One Step Rush
UCL FC #21 - Using the One Minute One Step Rush
UCL FC #22 - The EMF Balancing Technique® Intro Session
UCL FC #23 - Amplifying Energy With Your Eyes
UCL FC #24 - LOVE

Symbols & Illustration Index

UCL

Core Energy

Long Informational Fibers

Energy Flow

Center Above

CA

Center Below

CB

Infinity Loop

Chakra / Energy Center

Disk of Light and Energy

Energy Transmitting

Lattice Overview

Templates of Light - Phases I-IV

One Minute One Step Rush

High Heart

Platinum Octahedron

As Above So Below

Energy Activation Symbol

Heart

Restrictions

Vertical & Horizontal Flow of Energy

Holding Energy

Symbol Phase I

Clearing

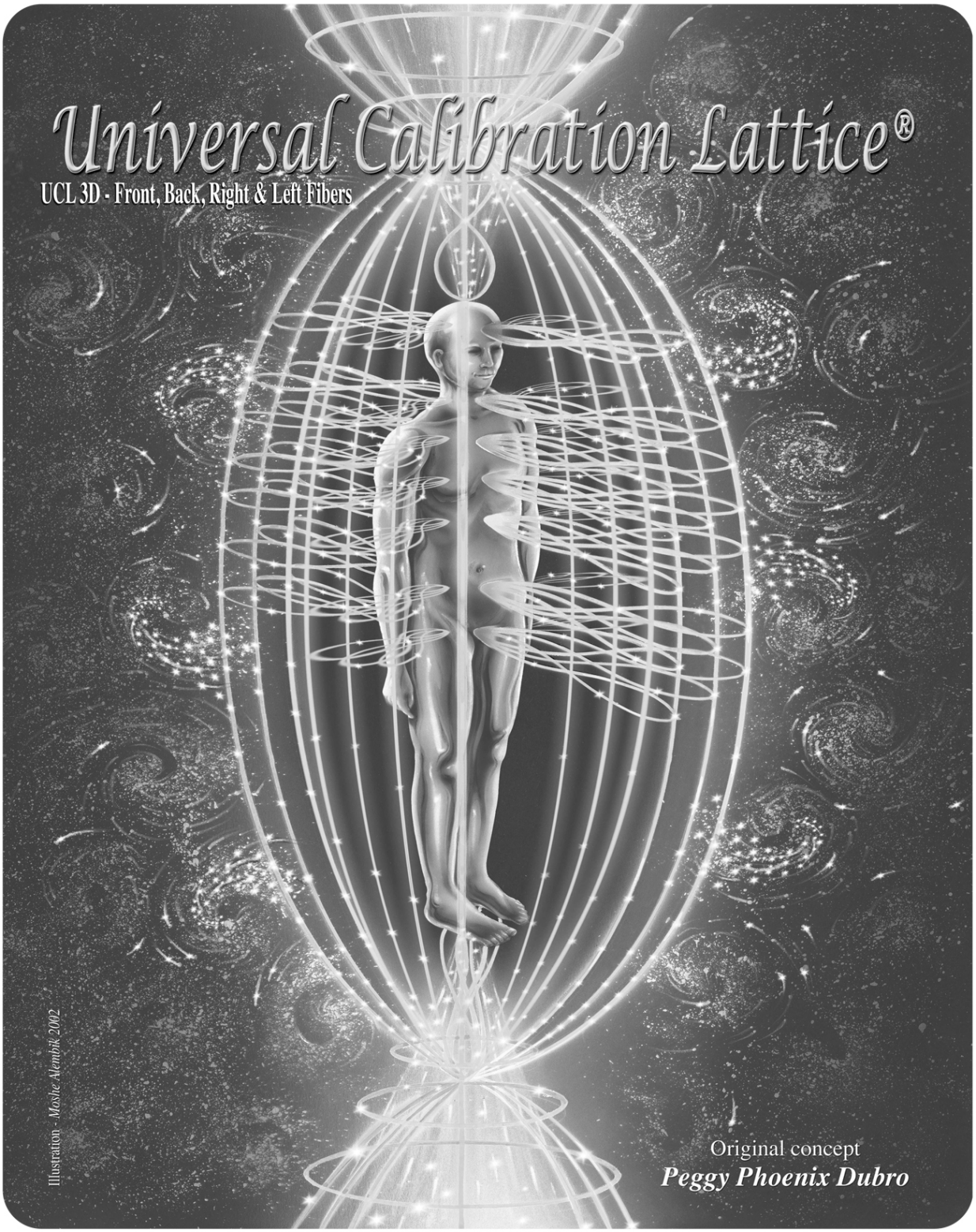
Amplifying Energy

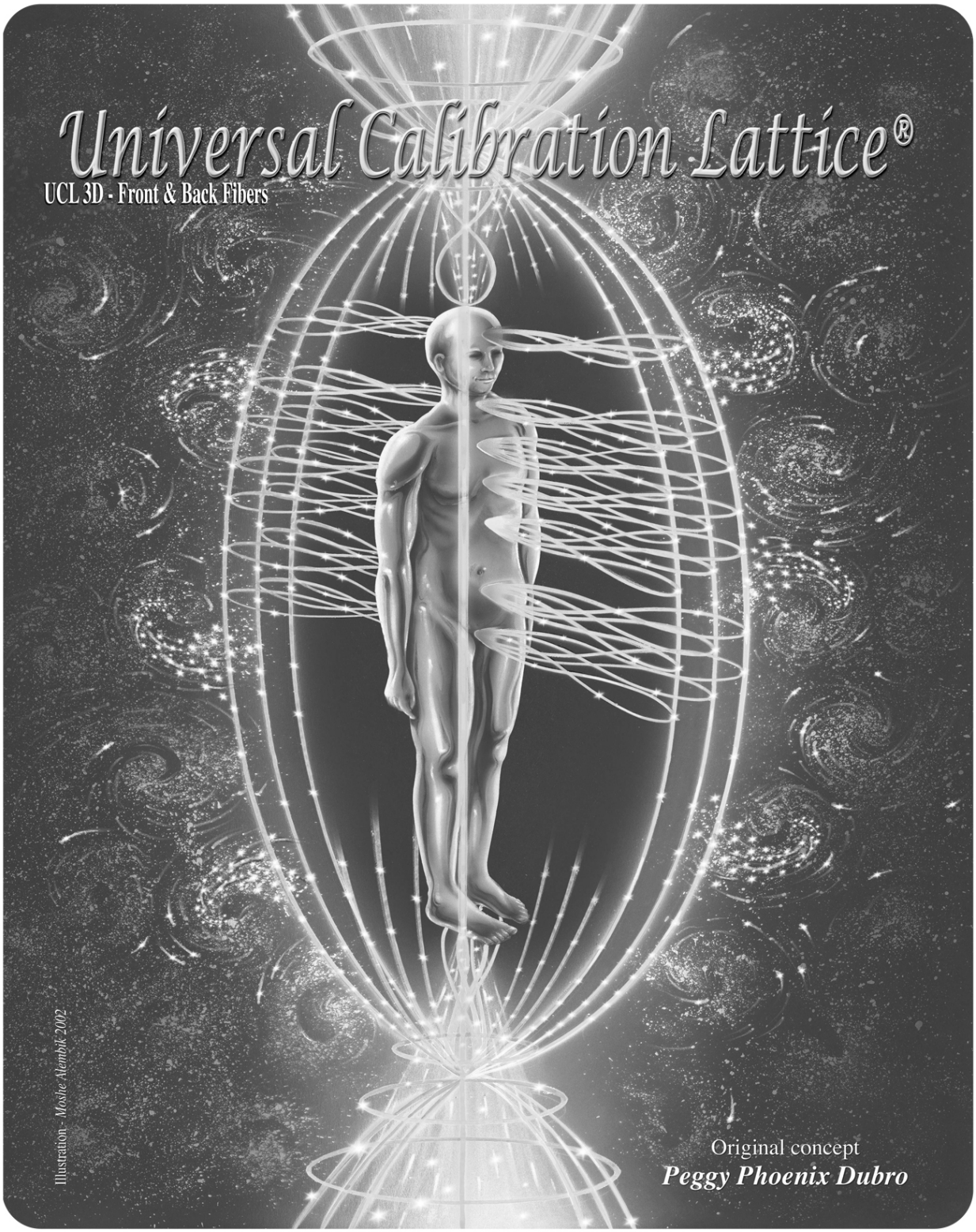
Human Figures

Rings of Energy

Energy Buttons

Idea


Universal Calibration Lattice®
UCL 3D - Front, Back, Right & Left Fibers
Illustration - Moshe Alembik 2002
Original concept
Peggy Phoenix Dubro



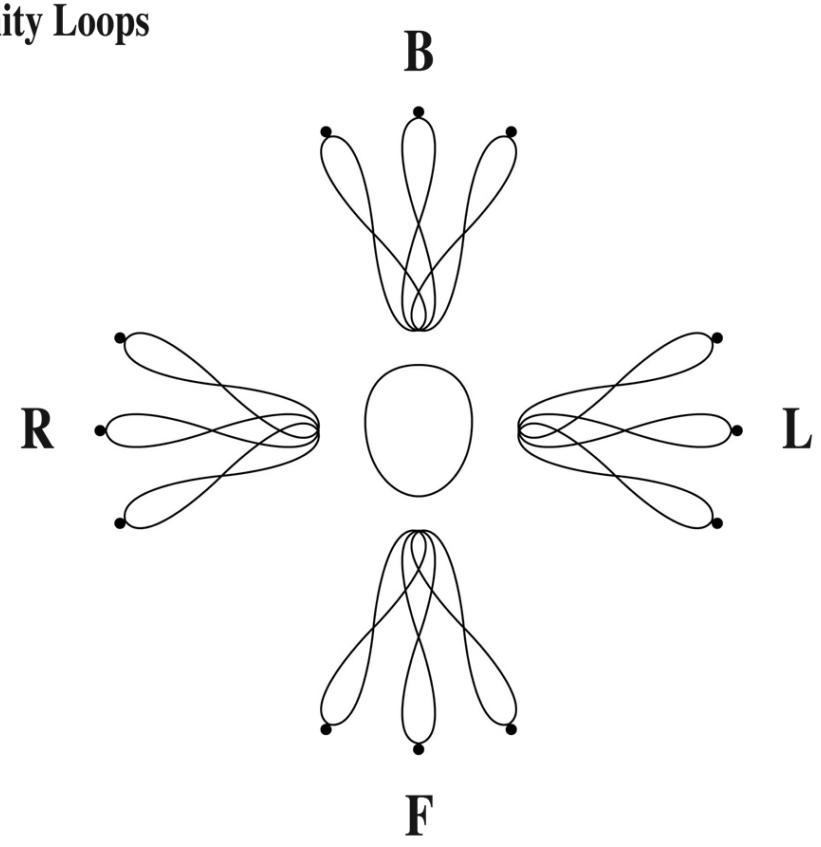
UCL FC #4 EMF Balancing Technique® www.EMFWorldwide.com *4/24/03*

UNIVERSAL CALIBRATION LATTICE

Lattice Overview (1)

- **Fibers**

Infinity Loops

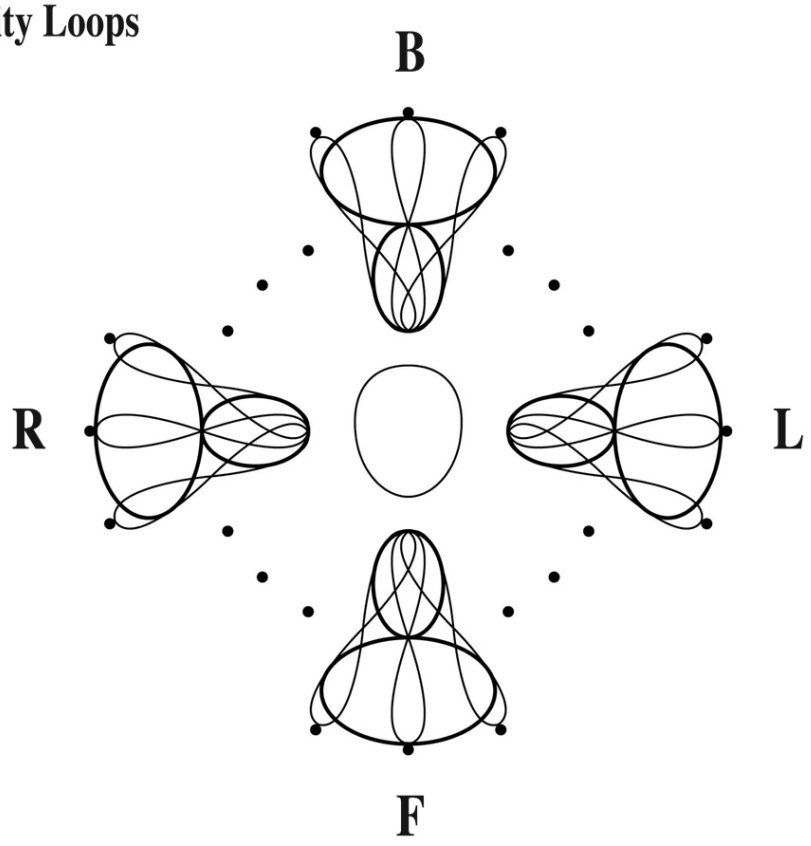


UNIVERSAL CALIBRATION LATTICE

Lattice Overview (2)

- Fibers

∞ Infinity Loops



Four groups of three fibers
Prisms of light and energy

UNIVERSAL CALIBRATION LATTICE

Lattice Overview (3)

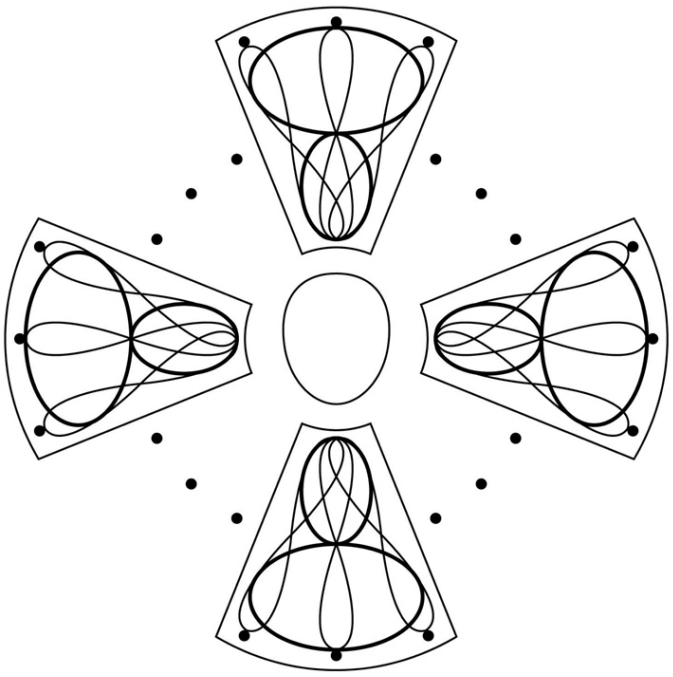
Familiar pattern ?

- **Fibers**

∞ **Infinity Loops**

Prism of Personal Empowerment
B

Prism of Benevolence R

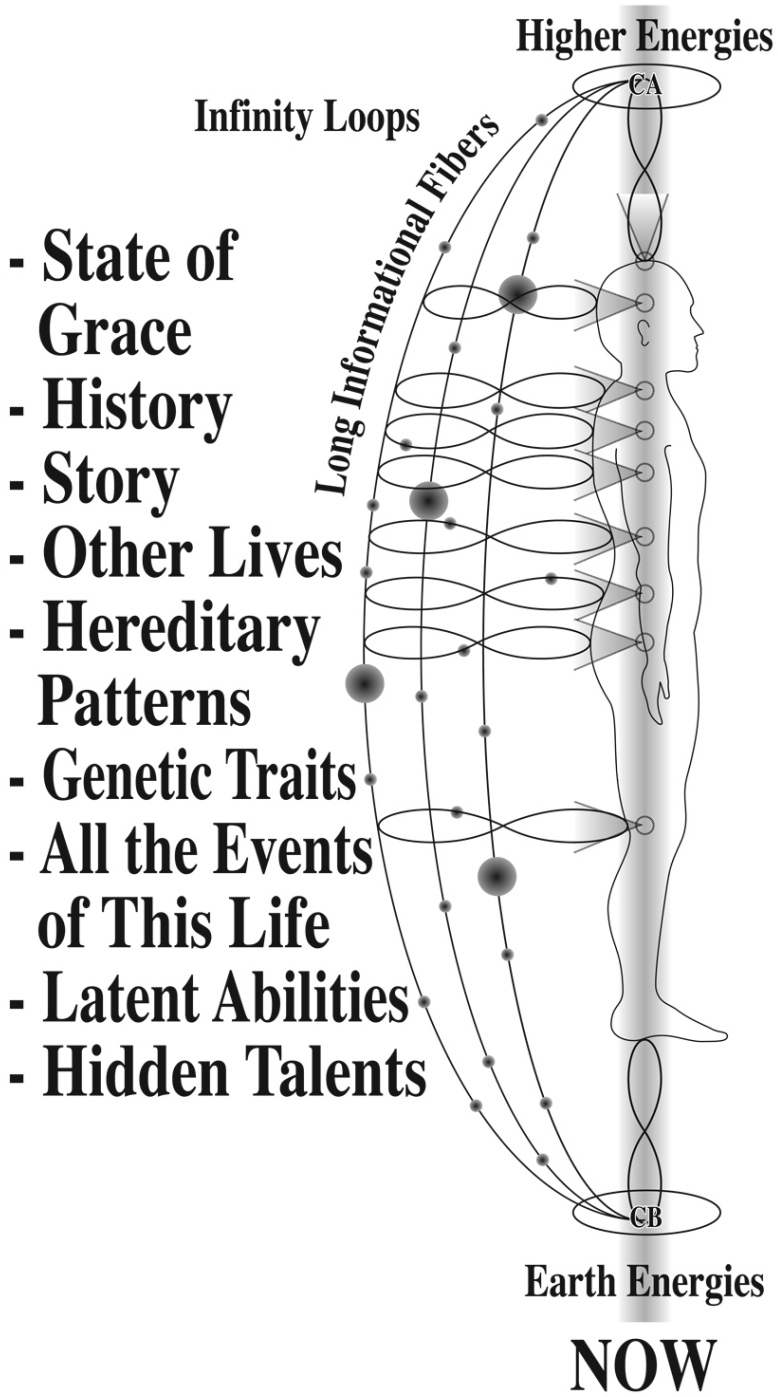


L Prism of Inclusiveness

F
Prism of Personal Potential

UNIVERSAL CALIBRATION LATTICE

Back Fibers



UNIVERSAL CALIBRATION LATTICE

Core

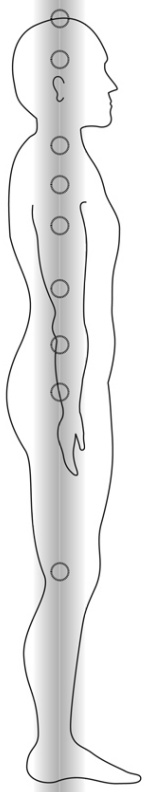
Higher Energies

CA

Energetic Posture of Core Energy

The answers are within you! Where?

Spiritual Intelligence



The only moment we have is the Now moment

Transformation & change take place in the Now

PRACTICE

CB

Earth Energies

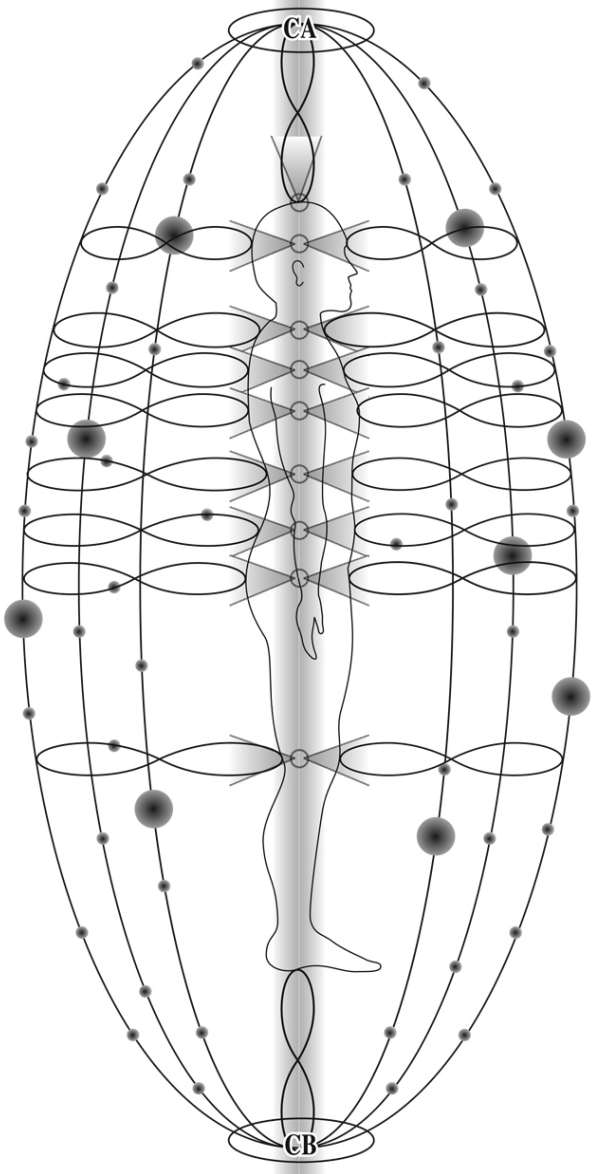
NOW

UNIVERSAL CALIBRATION LATTICE

UCL

Front Fibers

Higher Energies

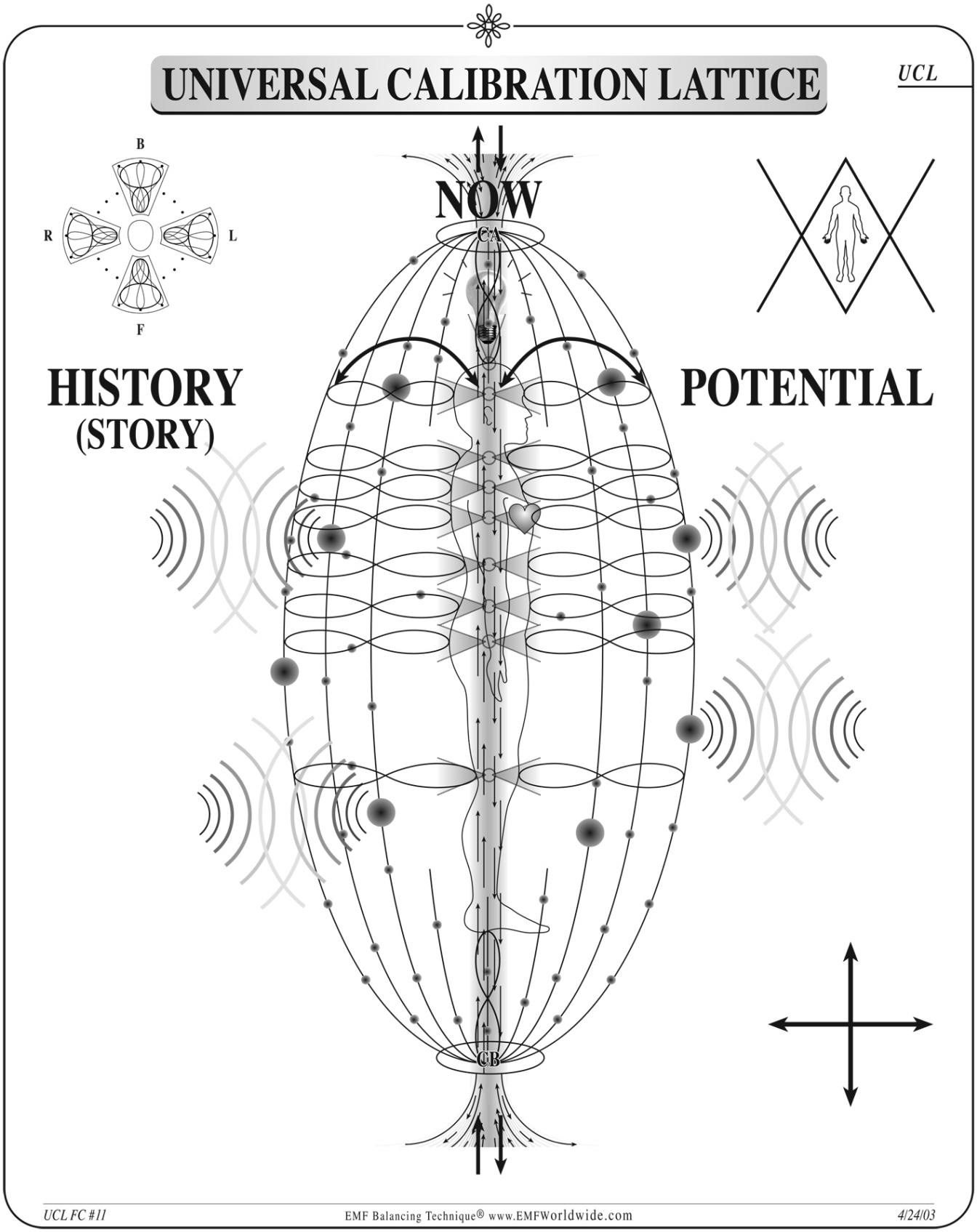


- Potential
- Hopes
- Dreams
- Wishes
- Intents
- Co-Creative Projects
- Fear or Worry

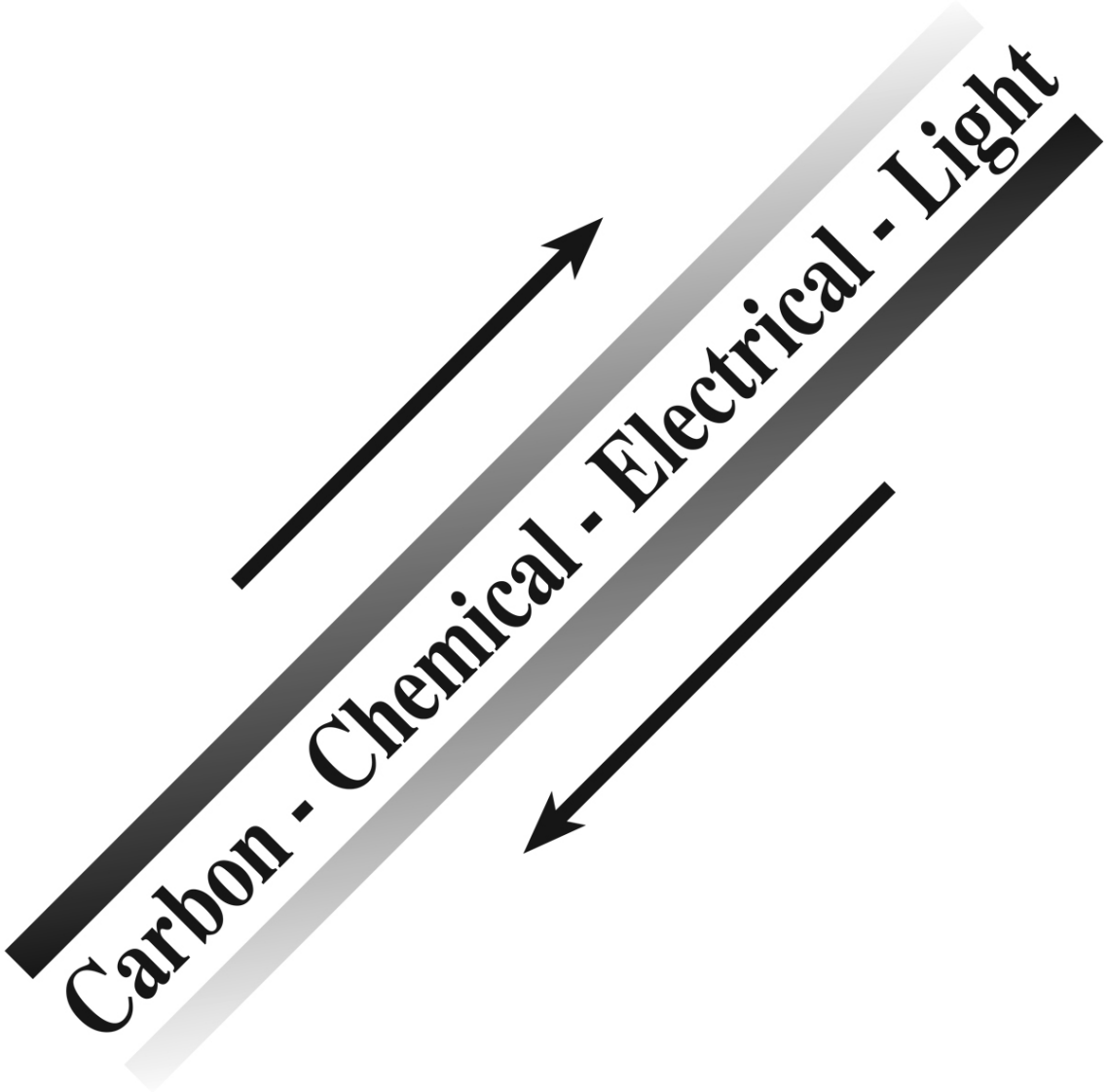
Earth Energies

NOW

UCL FC #10 EMF Balancing Technique® www.EMFWorldwide.com 4/24/03


UNIVERSAL CALIBRATION LATTICE
UCL
B
R
L
F
NOW
CA
HISTORY
(STORY)
POTENTIAL
CB
UCL FC #11
EMF Balancing Technique® www.EMFWorldwide.com
4/24/03

Spiral Sweep Information



Endocrine System & Chakra System Comparison

UCL

ENDOCRINE SYSTEM

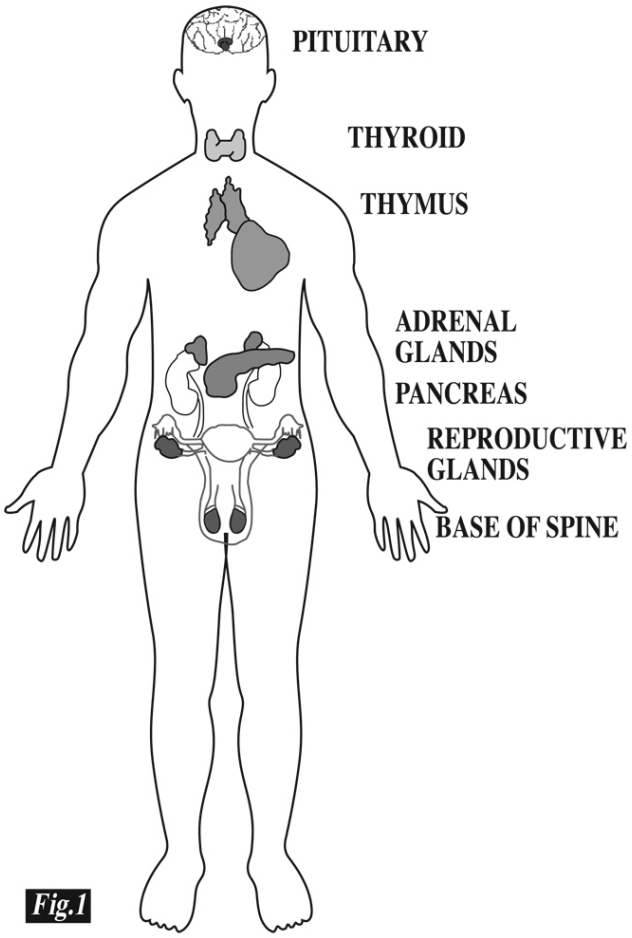


Fig.1

CHAKRA SYSTEM

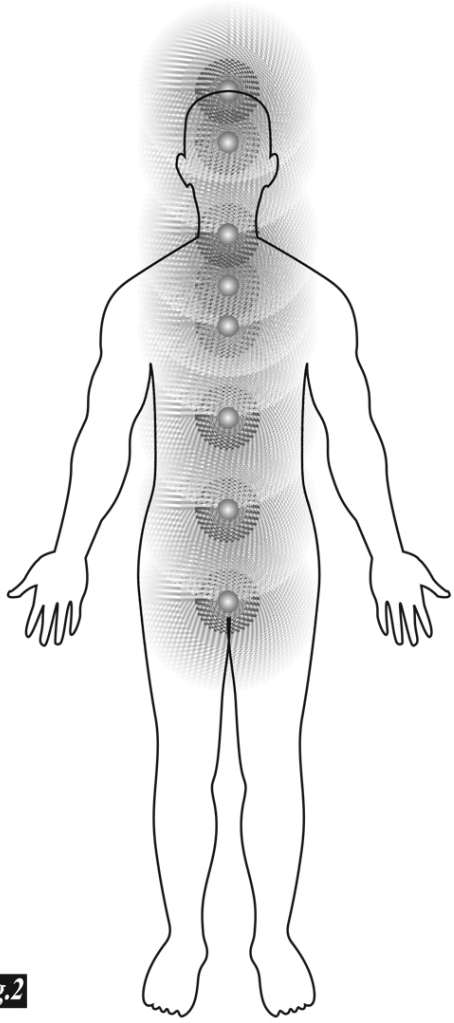
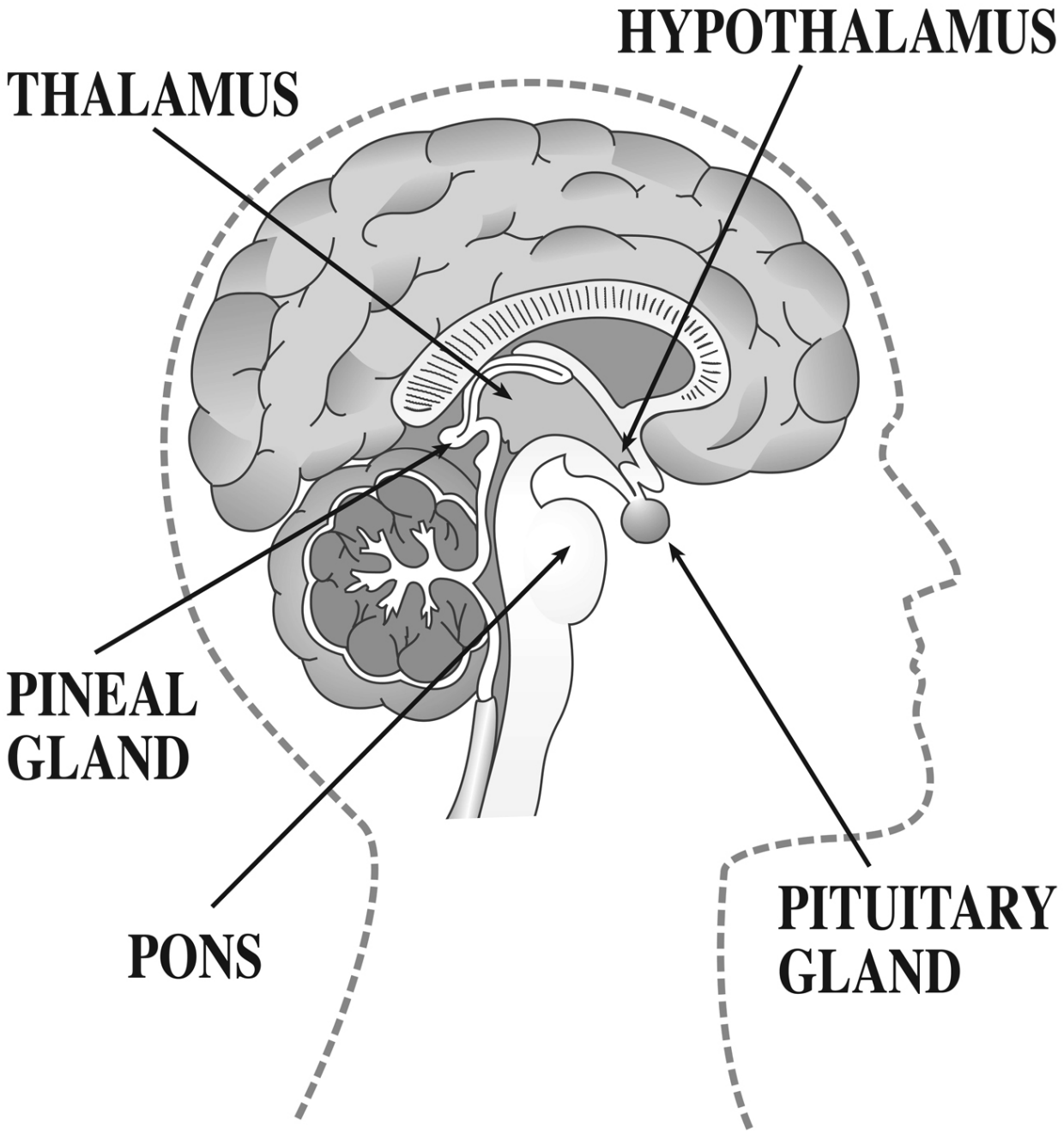


Fig.2

The Inner Brain

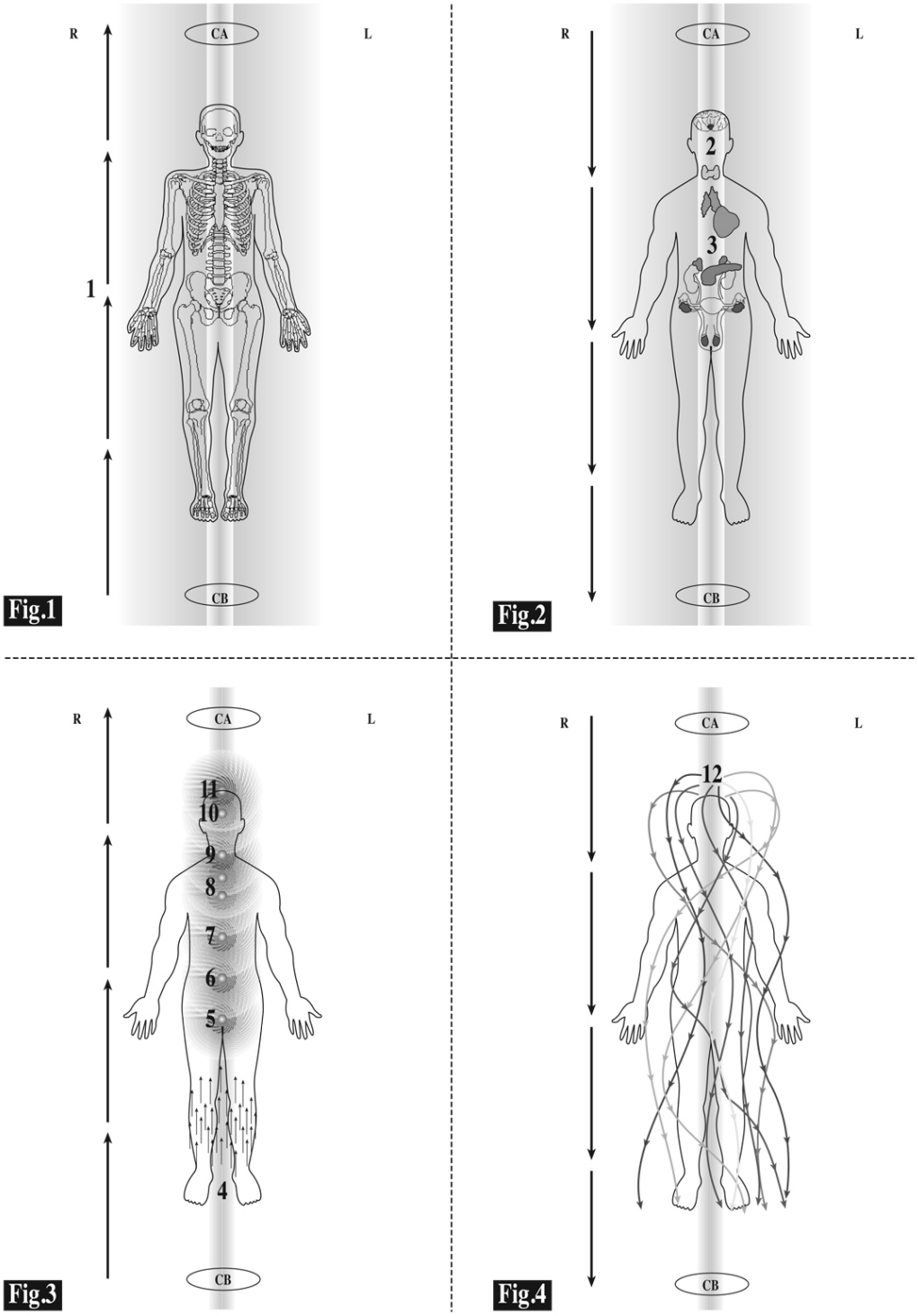
UCL



UCL FC #14 EMF Balancing Technique® www.EMFWorldwide.com *4/24/03*

The 12 Steps of the Spiral Sweep

UCL



UCL FC #15 EMF Balancing Technique® www.EMFWorldwide.com 4/24/03

Templates of Light for the EMF Balancing Technique®

UCL

R

L

CA

III

I

II

IV

III

CB

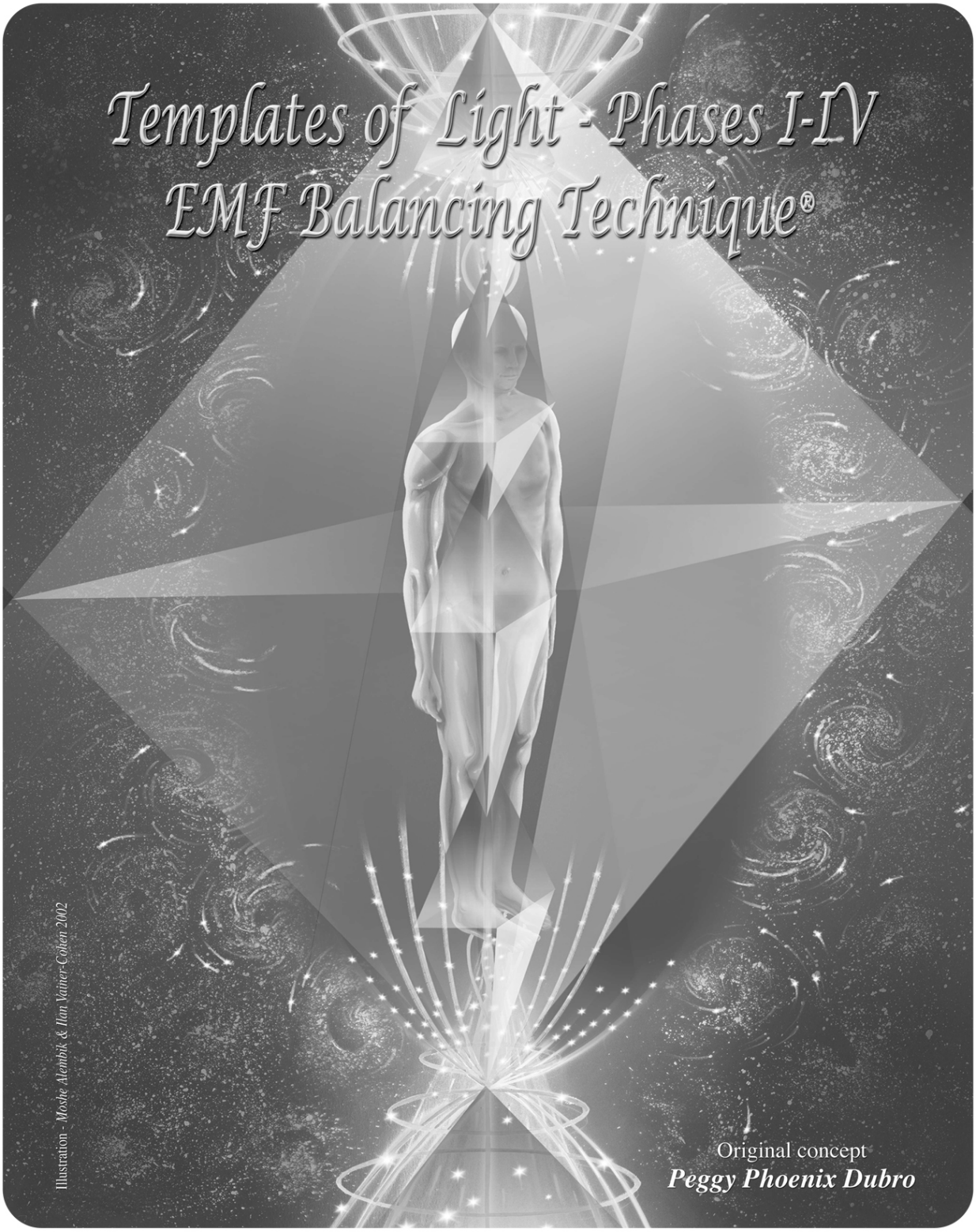
Phase I
Balance wisdom and emotions - head and heart

Phase II
Self-direction
Self-support
Transform the history into usable knowledge

Phase III
Core Energy
Radiate with strength & clarity
Energy center of what we call the unification of Chakra system

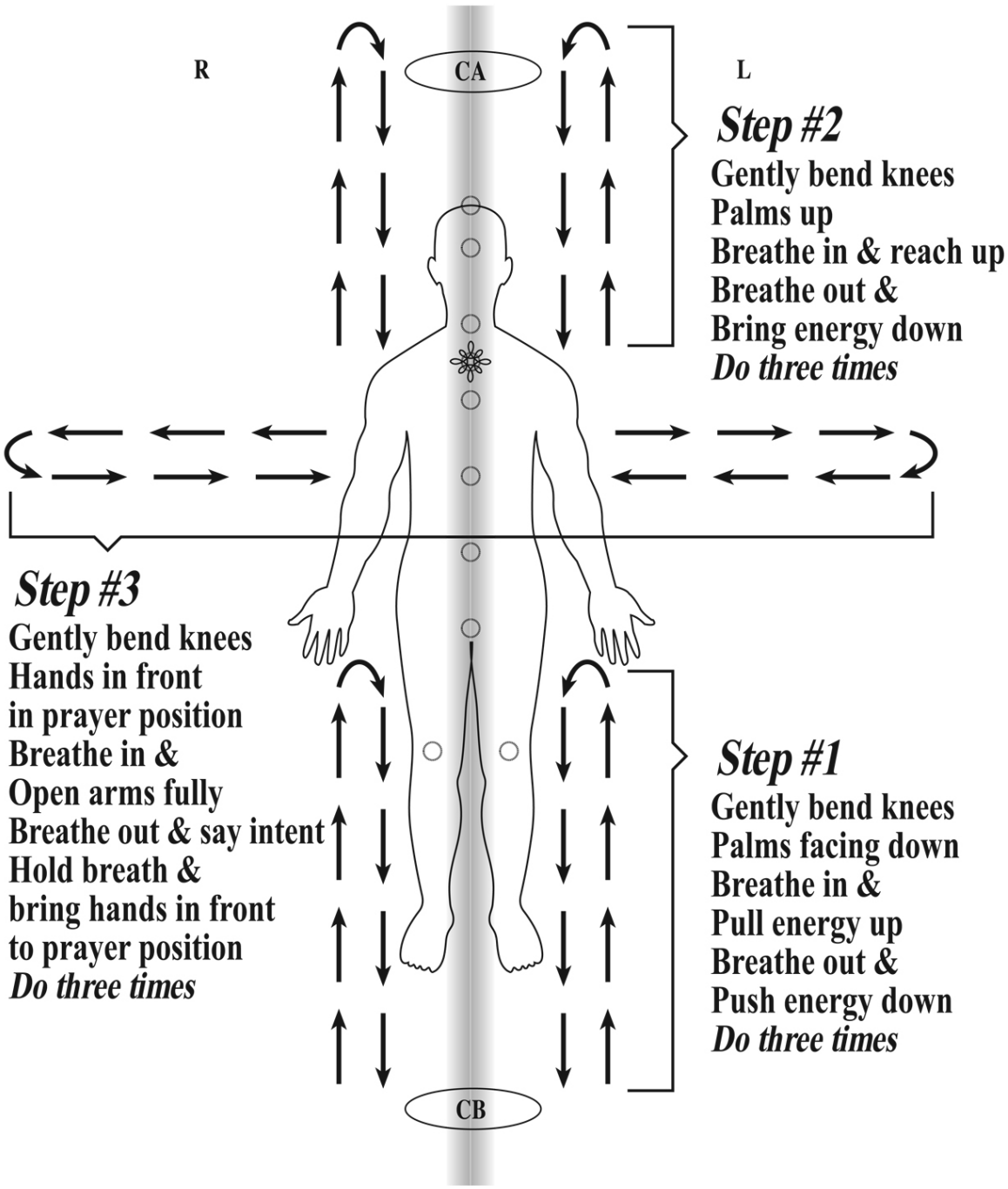
Phase IV
Energetic accomplishment and potential
Communication with potential self

UCL FC #16 EMF Balancing Technique® www.EMFWorldwide.com *4/24/03*


Templates of Light - Phases I-IV
EMF Balancing Technique®
Illustration - Moshe Alembik & Ilan Vainer-Cohen 2002
Original concept
Peggy Phoenix Dubro

Alternating Sweep

UCL



Step #2

Gently bend knees
Palms up
Breathe in & reach up
Breathe out &
Bring energy down
Do three times

Step #3

Gently bend knees
Hands in front
in prayer position
Breathe in &
Open arms fully
Breathe out & say intent
Hold breath &
bring hands in front
to prayer position
Do three times

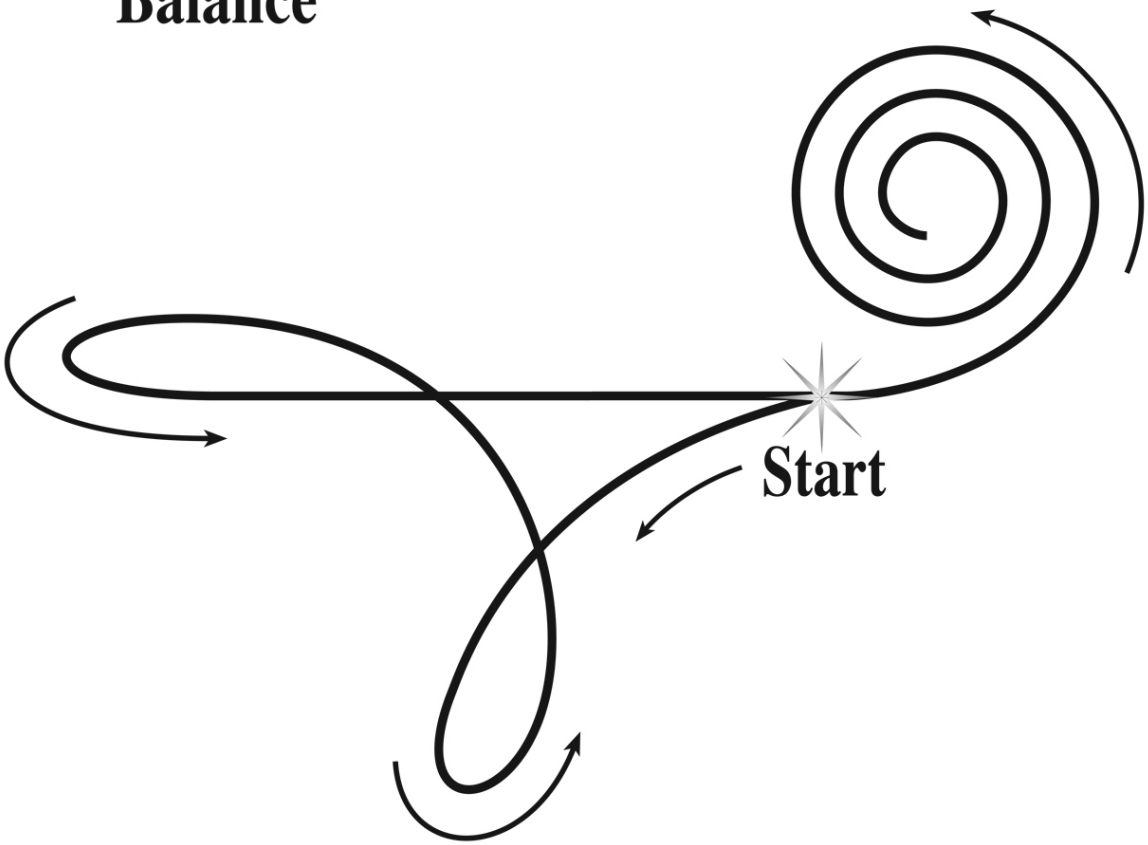
Step #1

Gently bend knees
Palms facing down
Breathe in &
Pull energy up
Breathe out &
Push energy down
Do three times

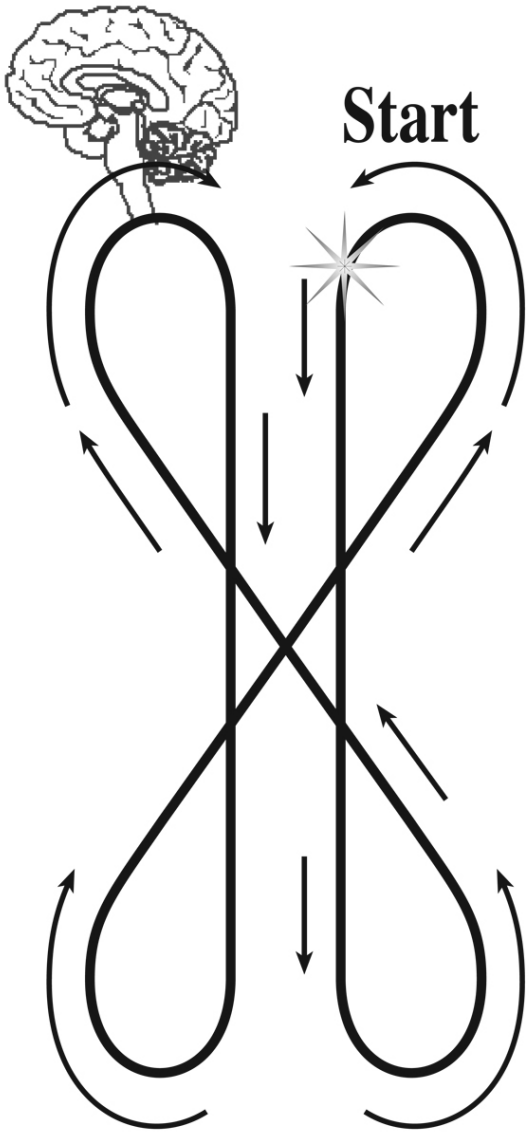
UCL FC #18 EMF Balancing Technique® www.EMFWorldwide.com *4/24/03*

Energy Activation Symbol

Gold light
Balance

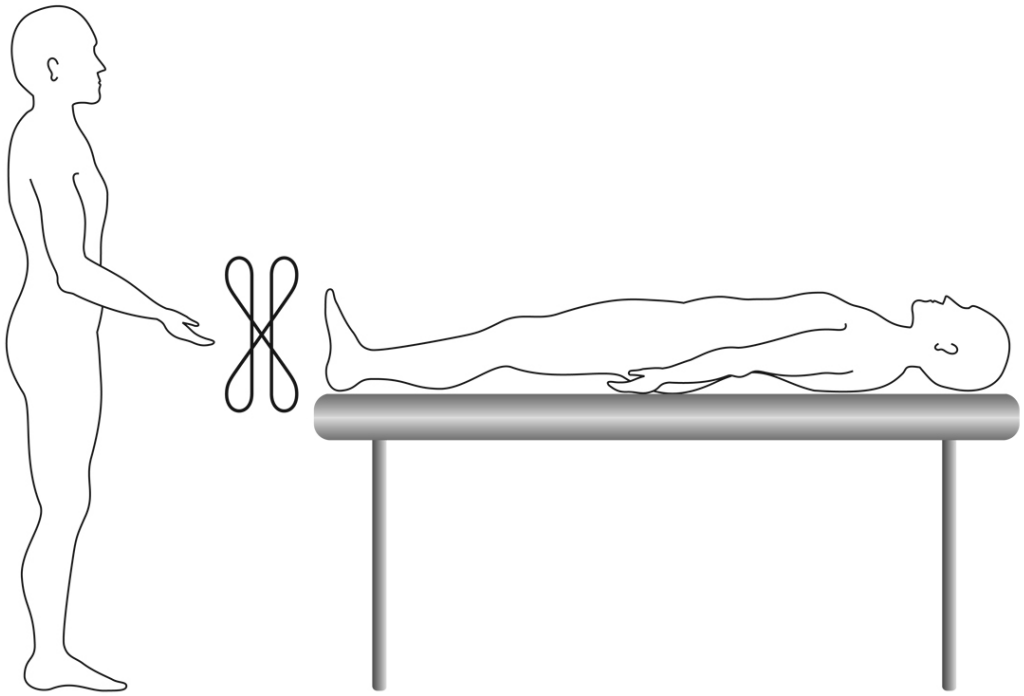


One Minute One Step Rush



Using the One Minute One Step Rush

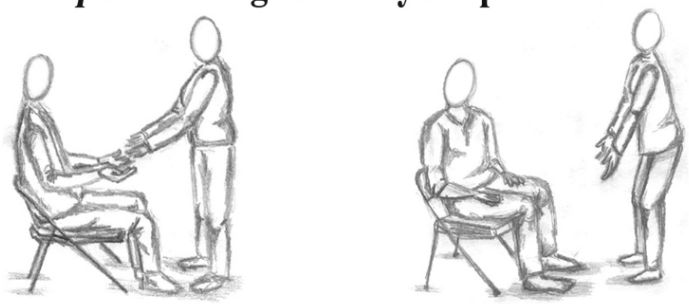
CA



CB

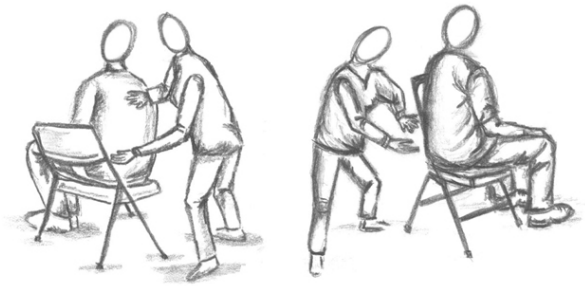
The EMF Balancing Technique® Intro Session

Step #1 - Energetic Body Preparation

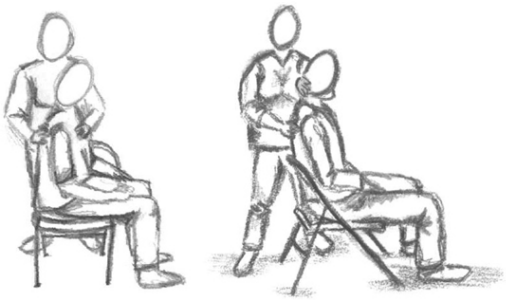


Step #2 - Clearing & Balancing Heart Center

Step #3 - Clearing & Balancing Back Area

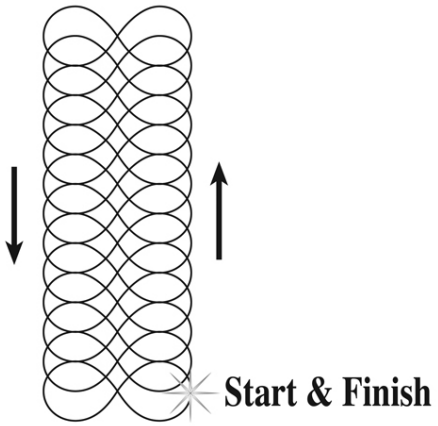


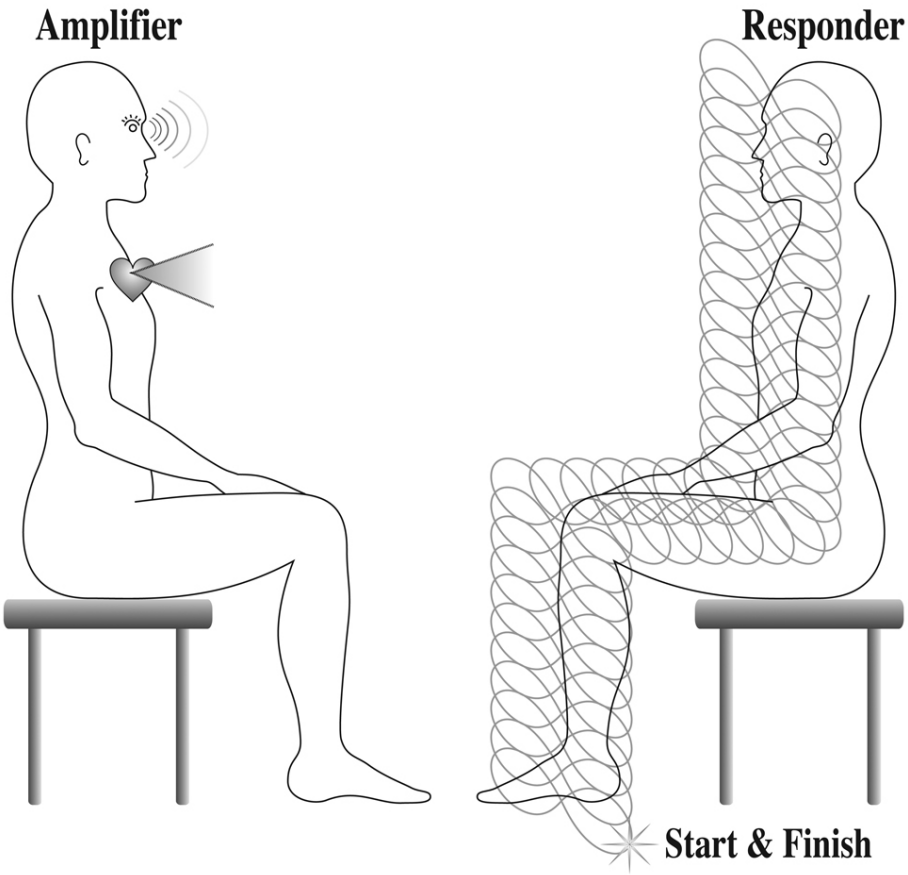
Step #4 - Closing



Amplifying Energy With Your Eyes

Gold Light & Intent for Balance





Low strength EMFs have a profound human to human biological effect.

Open to possibilities and sensitivity- develop the 6th sense as an evolutionary step.

Volumes of books on energy procedures will be available for you to choose. (vision of the future)

Everyone can do this energy procedure because you are energy.

Notes